

WWF voyage investigates climate change in Arctic

Michelle Mark

NEWS WRITER

This summer, a team of scientists, journalists, and World Wildlife Fund staff set sail on a voyage investigating the effects of climate change on the High Arctic sea ice and the communities and wildlife dependent upon it.

The voyagers, funded by Canon Europe, sailed along the northwest coast of Greenland and along Nunavut, speaking to coastal communities and exploring possibilities for the future of the Arctic. Along for the ride, dubbed "Sailing to Siku," was University of Alberta PhD candidate Vicki Sahanatien, who recently joined the WWF's Canadian Arctic Program as senior officer of Government and Community Relations.

"The objective was to take the sailboat through the eastern portion of the Last Ice Area ... to stop at the communities which we did throughout Greenland and also in Canada, and to discuss climate change and sea ice and find out people's perspectives on the changes they're observing and the kinds of concerns that they have about that," Sahanatien said.

"The objective was ... to stop at the (northern) communities ... to discuss climate change and sea ice and find out people's perspectives on the changes they're observing and the kinds of concerns that they have about that."

VICKI SAHANATIEN
WWF CANADIAN ARCTIC PROGRAM, GOVERNMENT & COMMUNITY RELATIONS

Due to the climate warming, the amount of sea ice remaining in the Arctic during the summer months has been gradually reduced each year, provoking massive repercussions on the communities that rely upon it.

PLEASE SEE **ARCTIC •** PAGE 3

CAMPUS DEVELOPMENT

U of A hosts open house on South Campus development

Katelyn Hoffart

STAFF REPORTER - @KATELYNHOFFART

The University of Alberta recently held an open house in an effort to bring the public into the South Campus' Long Range Development Plan.

The open house served as another example of the university's attempts to gather more consultative feedback from communities surrounding the South Campus area, resulting from a lawsuit filed in January 2012 over the building of an isotope facility.

The lawsuit was dropped after a Memorandum of Understanding was signed between South Campus and the South Campus Neighbourhood Coalition (SCNC) in June, which recognized measures outlining an appropriate consultation process.

Aside from the open house, various meetings have also been held in regards to the South Campus LRDP. The plan designates land usage for certain purposes up until 2030, based on the university's needs, while taking surrounding neighbourhood concerns

into consideration.

U of A Executive Director (University Relations) Anastasia Lim said the direction of the development plan is due to be reviewed roughly every 10 years to reflect the changing academic needs of the university and to take a look at what the land can be used for.

"The overall goal of that open house was again getting everybody on the same level of understanding that we are now," Lim said.

"The other goal that we had in place for the open house was, once we collect that information with evaluation forms, with online submissions, we can then start looking (at) how we can plan consultative meetings with the communities going forward over the next number of months," she said.

This will then culminate in a second open house in February 2013, which will lead to forming a long range development plan that can be sent to the U of A Board of Governors for finalization by sometime in the early summer of 2013.

PLEASE SEE **SOUTH CAMPUS •** PAGE 5

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colophon

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Development a drain on boreal birds

Piper Whelan

NEWS WRITER

Land development has shrunk bird populations in Alberta's boreal forest, according to a recent study from the University of Alberta.

The Alberta Biodiversity Monitoring Institute (ABMI), based at the University of Alberta, is an independent organization committed to monitoring and reporting the status of biodiversity and wildlife in Alberta, says ABMI Information Director Jim Herbers.

The report covers the Boreal Plains Ecozone (BPE), which makes up 58 per cent of Alberta's land area — including much of northern Alberta and the oil sands. This area is known as North America's bird nursery, the breeding grounds of many migratory species included in the study.

The report is made up of data collected between 2003 and 2011 from permanent measuring sites across the region, with bird recordings taken at each location to be analyzed by experts for species-specific sounds, Herbers said.

"We looked at 74 different species across that region, and on average the intactness for that group of species today is 80 per cent," Herbers explained.

"We were also able to look at the status of (the) human footprint across that same region, and currently 21 per cent of that land-scape has been developed."

Herbers said that because that amount of the BPE has been touched by human activities, the current health of bird populations are what he expected to find. With the study finding intactness at 85 per cent in the oil sands region, he noted it's important to take scale and relative development into consideration.

"In this report we are talking about a much bigger region, it's a vast area where much of the development on that landscape is just starting to mature, so the reason that the number is 85 per cent is that it's the average of the entire region, not just the mines," he said.

Travis Davies, media and information manager for the Canadian Association of Petroleum Producers, praises the scientific method behind this study and the attention given to context when examining ecosystem health in the oil sands.

"This is real science and it helps to inform that debate and add some reality to it. When you've got critics out there saying the oil sands are destroying an area of the boreal forest the size of Florida, it clearly isn't true. And science makes that accountable," Davies said.

Pembina Institute policy director Simon Dyer also commended the report for showing the impact of land development on the area, information necessary for future land use decisions.

"If we're not measuring environmental parameters, they don't get the recognition they deserve in the decision making process, so this kind of information is essential to help us make proper decisions on the landscapes of these forests," Dyer explained.

The ABMI was designed to provide this information to their stakeholders — ranging from the energy industry and the environmental community to government branches.

"The mandate of our institute is to, in an

unbiased way, measure and report on the health of wildlife and biodiversity across the entire province," Herbers said.

"We're arm's length from the people who make the decisions about policy and resource management for the province, and they specifically designed us to be that way so we could be in a position where everyone trusted the information."

Herbers says monitoring the health of Alberta's ecosystems is vital for informed sustainability in the province and meeting future legislative mandates on land use management.

"When you've got critics out there saying the oil sands are destroying an area of the boreal forest the size of Florida, it clearly isn't true. And science makes that accountable."

TRAVIS DAVIES
INFORMATION MANAGER, CANADIAN ASSOCIATION OF PETROLEUM PRODUCERS

"I think there is a sincere interest on behalf of Albertans to be responsible stewards of our environment, to make informed decisions, and make sure we understand what kind of future we want, plan for that future, and then make sure we're achieving that kind of future," Herbers said.

"These groups of species we looked at is certainly one of the key components of biodiversity in that ecosystem, and they tell us their part of the story of sustainability."



COMPILED AND PHOTOGRAPHED BY Kate Black + Griff Cornwall



Gismel Mendiyeu PHYS ED I "Lister Centre."

Jean de Dieu Hakizimana ARTS II
"RATT."

As you may have heard, we did a Campus Dates feature this week.

WE ASKED...

What's your ideal campus location for a date?



"Along Saskatchewan Drive is really pretty for a nice romantic

walk."

Anahi Kopchia EDUCATION IV

"Rutherford House, or even something as simple as Dewey's. But Dewey's, rather than RATT."



U of A's economic impact lands in the billions of dollars, study shows

April Hudson

NEWS EDITOR - @APRIL_HUDSON

University of Alberta education and research provides a multi-billion dollar asset to the Albertan economy, according to figures from a new study.

Anthony Briggs, an assistant professor in the Department of Strategic Management and Organization, and Jennifer Jennings, an associate professor in the same department, estimate the U of A's economic impact on the province at \$12.3 billion.

This figure comes from a recent report developed out of a broader study designed to quantify the impact of university alumni.

"We started on a different, broader project — we were interested in entrepreneurship, innovation (and) family business at the University of Alberta ... MIT and Stanford have done those kinds of studies, and so we were looking to essentially match to the in-progress Stanford study," Briggs said.

"We were discussing that with the university, and this kind of came about because MIT and Stanford didn't do an actual economic impact study, whereas some of our peer Canadian institutions had. We thought, '(We) might as well do this just as a base while we're preparing for the much broader project.'"

Although the broader research project is supported by the U of A, Briggs said the particular economic impact study that came out of it was not commissioned by the university.

Aside from some alumni data Briggs and Jennings received from the university, the entire report is based upon publicly available data.

"We presented that data to the university administration, and they found it very interesting — as did we," Briggs said.

Jennings added that when building the report, she and Briggs followed the exact methods put in place from some of the peer Canadian universities who had done the study.

"We (wanted to) say, 'Following their exact same approach, these are the numbers that we get,' and



PROFS IN ACTION Briggs and Jennings measure the U of A's impact.

DAN MCKECH

that enabled us to draw some very firm comparisons against some of the other Canadian universities," she explained.

Briggs said that a number of different impacts could be taken from the study and its comparison to similar studies.

To explain the U of A's direct impact on the economy, Briggs said it's best to look at the University of British Columbia.

"We're pretty similar in size to UBC, so that sort of looks more like the spending number — there's a few slight differences there, but very comparable to UBC," he said.

However, the U of A's education premium — something determined when a graduate participates in higher levels of economic activity than a non-graduate — is much larger than the UBC's.

"The U of A is very strong there because it has a very large alumni base, and people essentially have much higher salaries in Alberta," Briggs explained.

"This only includes within-region impact, so if an alumn(us) has left (Alberta), they're not included in the report. It's kind of a very

good 'by Alberta, for Alberta' story

The second difference from UBC, according to the report, is research impact — which Briggs says is harder to measure.

"The University of Alberta is a much larger player research-wise within the province than other institutions are within their provinces, so we get a bigger share of the R&D pie than others," Briggs said.

He added that the fact the U of A has more professional programs than some other universities also affects its measurable economic impact.

"(Our study doesn't) show that, but we think there's an effect there. The big story is that universities are not put on the same page, so this is the first time we've put them on the same page and said, 'We need to do more of this,'" he said.

"This is sort of a first cut, but there's lots and lots of ways we can basically start to look at universities' performance(s), and how they do what they do at a more granular level. (That) is what we're arguing for."

With files from Teddy Carter.

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Arctic in peril from melting summer ice

ARCTIC • CONTINUED FROM PAGE 1

The Last Ice Area includes Canada's High Arctic islands and northern Greenland, and is predicted to be the last region of ice that will remain once the majority of the summer ice has melted.

"It's probably hard to imagine it down in Edmonton," Sahanatien said.

"The communities are situated on the ocean, so people are looking at the sea ice all the time ... they see the changes: the later it freezes up, the earlier it melts, the differences in the open leads — large cracks in the ice — and the timing of them."

The communities aren't the only ones experiencing change, however.

Andrew Derocher, a U of A professor and Sahanatien's Ph.D supervisor, studies polar bears and was quick to emphasize some of the potential consequences that can arise if the melting doesn't slow.

"Some ice will still form in winter, but it's very clear that we're on a trajectory to having no sea ice in the Arctic in summer. 2012 was a very clear indication of how fast we're losing the sea ice. Compared to just 20 years ago, we're almost at half the amount of sea ice that we used to have in summer," he said.

"That means that (for) those bears that do rely on summer sea ice as a refuge habitat ... any bear that goes north is going to basically end up far away from land and have some serious issues about what they do when the ice is melting away from underneath them," he added.

Derocher also pointed out that the issue is unlikely to be resolved any time soon.

"The only thing we can really control is human behaviour, and we're not doing very much for the climate change issue — in Canada or globally," he said.

"We're going to leave it to the next generation to pay for the mess, and I think it's going to be catastrophically expensive."

Sahanatien agrees that the melting sea ice is a global issue that will affect more than just northern communities.

"The root cause is climate change, is our production of carbon dioxide and putting other materials into the atmosphere," she said.

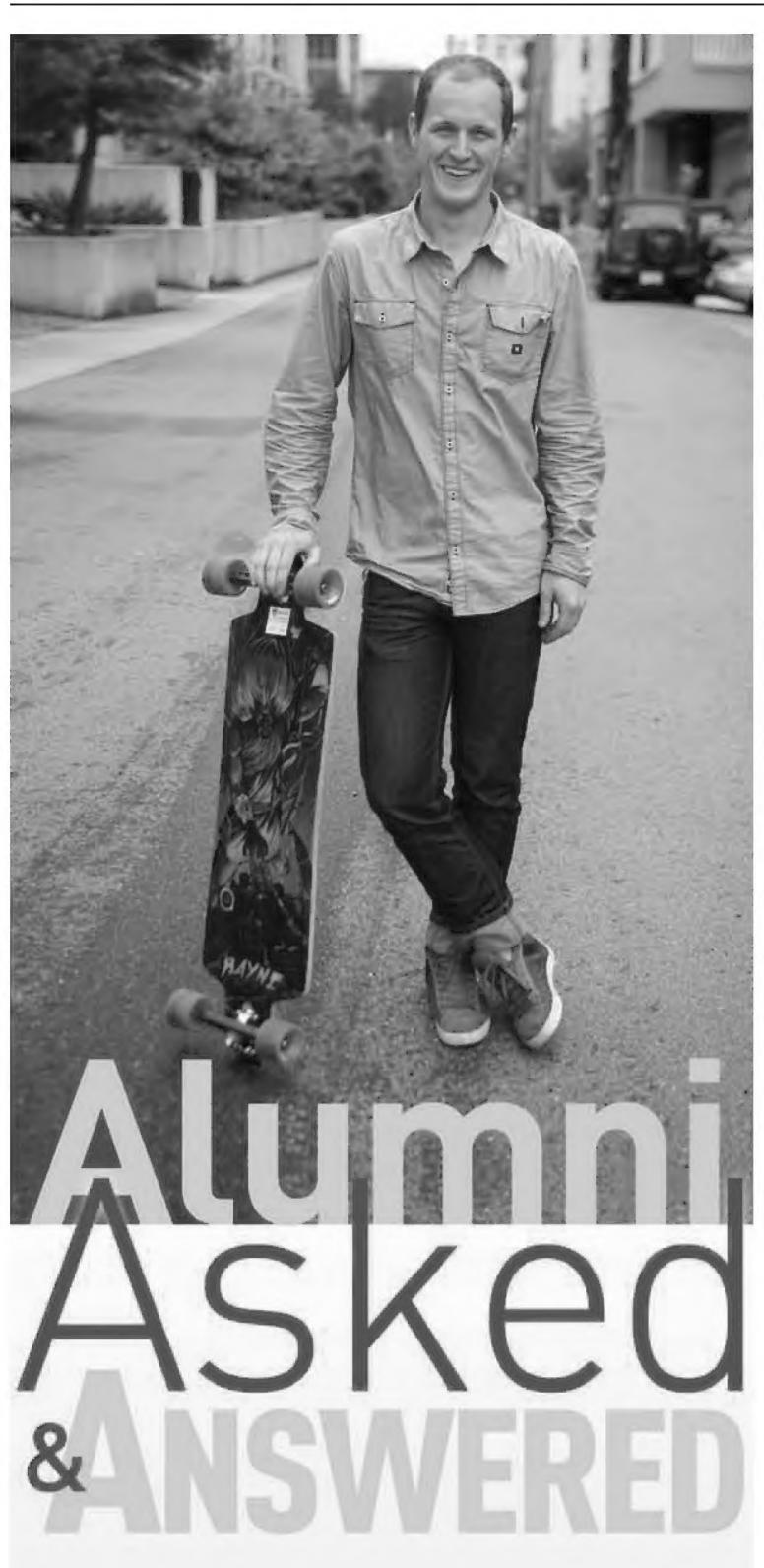
"It takes the entire country and the entire world to act on this issue. It isn't possible to stop the ice from melting until our approach to industry changes."

"It's very clear that we're on a trajectory to having no sea ice in the Arctic in summer."

ANDREW DEROCHER
PROFESSOR OF BIOLOGICAL SCIENCES, U OF A

Regarding the Sailing to Siku expedition, one of Sahanatien's hopes is for people to begin taking an interest in the Arctic.

"It's very important for people in southern Canada to be aware of the issues and the challenges that face the Canadian Arctic and also be aware that what (they) do every day in the south affects life in the Arctic."



WITH

Graham Buksa

'04 BSc(Eng), 2012 Alumni Horizon Award recipient

Current occupation:

Owner, Rayne Longboards.

What do you miss most about being a U of A student? Seeing a wide group of friends every day.

What's the one piece of advice you'd give current U of A students? Use the resources available to you.

Biggest life lesson learned on campus? Take advantage of every opportunity.

What did you do to stay sane during exam time? Went bouldering in the Butterdome.



ualberta.ca/alumni/students

U of A honours biochemistry professor with University Cup

Sarah Chung

NEWS WRITER

The highest honour an academic staff member can receive from the University of Alberta was recently awarded to researcher and professor Marek Michalak.

Vice-Dean of Research at the Faculty of Medicine and Dentistry and a professor in the Department of Biochemistry, Michalak was honoured with the University Cup for his successes in teaching, research and community service at the Celebrate! Teaching. Learning. Research ceremony Sept. 27.

Originally from Poland and a faculty member with the U of A since 1987, Michalak has mentored nearly 100 students and post-doctoral fellows in his time at the university. However, he believes working with a vibrant team is far more important that his individual contributions.

"If you cannot be successful here, then maybe you just cannot be successful, because you can't find a better place (to do research)."

MAREK MICHALAK VICE-DEAN (RESEARCH), FACULTY OF MEDICINE & DENTISTRY

"If (the team) will bring passion and motivation to their work, what difference does it make if we are the bosses? As long as (we) provide the environment, the mentorship and the supervision, then everything falls into place," he said.

"If you really think about it — that's what I said to the crowd (at the ceremony) — I'm just doing my job, so what's the big deal?"

The research conducted by Michalak and his team includes the analysis and reduction of proteinfolding diseases, such as Alzheimer's, multiple sclerosis and cystic fibrosis.

As a leader in the field of molecular cell biochemistry, Michalak's accolades include the awarding of \$24 million in research funding for his lab and the publication of more than 200 academic papers.

Michalak explained most of his research discoveries started from asking curiosity-driven questions.

"In the past 20 years, we've been asking ourselves very simple, almost trivial questions that led us to huge findings, such as (issues like) complete heart blocking in children. That received quite a lot of attention," he said.

"Anything is possible; you just never know what the next discovery brings. That's the fascinating part of science."

Michalak believed his biggest challenges as a professor were not from lack of support, but from within himself.

"Considering the support from the government, support from the university (and) support from the department, if you cannot be successful here, then maybe you just cannot be successful, because you can't find a better place (to do research)," he said.

Michalak said his challenges were to maintain the passion, keep pushing himself and assume that anything is possible.

"The fact that I have the University Cup is a good testimony to the fact that anything is possible," he said.

"It's another example that the institution gives you tremendous support. It's not very common to recognize your own people. That's something the U of A should be applauded for."

As the former chair of the Department of Biochemistry,

Michalak played a pivotal role in changing the perception of bio-

"With the help of my colleagues, we slowly and gently introduced biochemistry vocabulary to the curriculum of 200-level courses. So when (students) come to third year, they will have the background and knowledge to be interested in this discipline," he explained.

chemistry at the students' level.

Nevertheless, Michalak said his most rewarding experience has been teaching graduate students.

"Seeing the students (maturing) from someone who knows literally nothing about the discipline, to within five years, they (become) much better than you are ... Seeing them grow from boys to men, girls to women. You can't beat that," he said.

A testament to the rapport between Michalak and his lab members are the Christmas cards created by his lab.

Featuring images of the team and prominent events that occurred in the past year, the cards have become a tradition in the last 25 years.

"The beauty of this job is diversity," said Michalak. "The students come from different countries, different backgrounds (and have) different interests."



tweets of the week

Chelsea Livingstone @RAYDEEOH

Holy cow @ualberta I think it is time ya'll learn what the meaning of quiet study rooms + libraries are. #quiet #notalking #stfu

Tammy @TJSTANK

Seeing a herd of boys in beautiful ugly sweaters this morning = day made. #UAlberta #mademyday

Evan Lock @EVANNLOCK

Dear #ualberta student with winter jacket,
gloves and toque; you ain't seen nothing yet!

Kimberly Schreurs @HAPPINESSAND Applied for graduation Spring 2013 @UAlberta... Welp, now what? This feels so final. Kind of like they're breaking up with me.

Moira Kelly @BETHECHANGE1120
"YAY MIDTERMS AND STUDYING!"
--Said nobody ever. #UAlberta



Rehab researcher wins Vanier

Tamara Aschenbrenner

NEWS WRITER

Possibilities and independence are key for most graduate students at the University of Alberta, but especially for Rui Zhou, who set out to study biomedical engineering and use it to better the lives of people with spinal cord injuries and amputations.

Based out of the U of A's Centre for Neuroscience, Zhou developed a strong interest in rehabilitation research while obtaining her Bachelor's degree at Sun Yat-sen University in China and her Master's degree at the University of New Brunswick, both in biomedical engineering.

This interest drew her to the expertise and guidance of Vivian Mushahwar, professor and researcher in the Faculty of Medicine and Dentistry, who specializes in neuroprosthesis and rehabilitation engineering.

"For (people with) spinal cord injur(ies), we are building some new rehabilitation intervention to help them recover their walking ability by using different ways," Zhou said.

"For (amputees) ... the prostheses are clumsy and not very intuitive. So (the) first (step) is to make that intuitive for them and second is to let them feel their hand — reroute what the nerves used to innovate their hand to some other places. Take that signal and give that back to them, and let them feel when they use the prosthetic hand, (that) they can actually feel that their fingers are touching stuff."

Although Zhou has been at the U of A for only two years, she has

already received a number of scholarships and awards.

Most recently, she was one of 10 U of A graduates who achieved the 2012 Vanier Canada Graduate Scholarship, which she was awarded for her rehabilitation research.

The scholarship grants winning students \$50,000 annually for up to three years for their research.

However, it was not just her outstanding research that made her a recipient — Zhou said she also received it because of her extracurricular work outside her field of interest.

"I was quite active in the past year — lots of off-campus activities, like a fundraising concert. I was in a committee to fundraise for African famine ... When I go back to China, I volunteer for some other places, and it's not just in the past year," she said.

"The Vanier... (looks) not only (at) research, but also the extracurricular activities, like leadership and how active you are in the community and in the university."

Zhou's supervisor, Vivian Mushahwar, believes that all students can learn from Zhou's dedication and achievements.

"Perseverance and being conscientious about what you're doing and believing in it allows you to get these awards," Mushahwar said. "It's not impossible."

Zhou hopes her perseverance and dedication continue to make it possible for her to help others. While she originally wanted to use her PhD to become a university professor and researcher, she is now considering working with medical aid

organizations.

"They're making a bigger impact than a single researcher can," she said.

In terms of the future, Mushahwar believes that the driving force of Zhou's personality will move both her career and the field forward.

"(Zhou is) extremely active and conscientious and really very loyal to the kind of work she does. But, most importantly, she really believes in what she's doing," she added.

Although she has obtained recognition in her field, Zhou considers her biggest success to be her independence.

"The Vanier ... (looks) not only (at) research, but also the extracurricular activities, like leadership and how active you are in the community and in the university."

RUI ZHOU PHD STUDENT, CENTRE FOR NEUROSCIENCE

"The PhD training has really helped me get into the field," she said. "I can do research and anything else in this field on my own."

Mushahwar agreed that Zhou's independence is her greatest strength.

"(Zhou) really has the makeup of being an exceptional investigator, an exceptional researcher and an exceptional independent person," she said.



LRDP consultation continues

SOUTH CAMPUS • CONTINUED FROM PAGE 1
These consultations have also since allowed the U of A to move forward with building the Cyclotron isotope facility that sparked the original debate surrounding consultation.

Construction of the facility began at the end of June. The new facility will be able to generate medical isotopes which are used to diagnose serious diseases such as cancer.

Issues that have typically come up from communities bordering South Campus have included density of residences being built as well as concerns surrounding transportation and sustainability.

Lim said that by holding these information sessions and getting feedback, the university is able to adjust or modify future plans to suit both interest groups.

"For land use plans, formerly that plot of land where the isotope facility was located was designated as recreational land," Lim said.

"So that again is some of the changes that need to happen; now that the facility is identified for something else that could be more beneficial to satisfying the academic needs, we had to look at modifying the plan — which we did — for that specific area of land."

One of the current projects taking place on South Campus alongside amendments to the development plan is a road project on 63 Avenue to try to improve

transportation access, still undergoing consultation.

However, many projects are currently awaiting approval to see whether they can go through, especially with many of the recent budget cuts the University has endured.

"Depending on what part of the institutional plan gets approval (and whether) we get funding by government, or we get a donation or we're pulled somehow through some kind of partnership ... those (projects) are still very much up in the air," Lim said.

Lim says the next step with the long range development plan is to compile the information that was received from the open house in order to build meetings around those concerns.

She believes continuing to keep external communication open with communities like Windsor Park and Garneau regarding U of A building and development projects, such as the PAW centre, is also key.

"With the planning process (and) with the amendment process, we are engaging with as many people as we possibly can because the comments and input that we get is what we use to work with as we move forward," she said.

All the information presented at the open house can be found on the U of A's Community Relations' website, where anyone can continue to submit feedback until Oct. 17.

campus crimebeat

COMPILED BY April Hudson

BAD COOKING

At 7:10 p.m. on Oct. 2, University of Alberta Protective Services (UAPS) was notified that the fire alarm in International House had been activated and that the Edmonton Fire Department was en route.

Officer attended and found there was a smoke detector activation on the 6th floor.

Firefighters attended the 6th floor and found that food had been left to cook too long on the stove and had burned, thus activating the alarm.

DISTRACTED DRIVERS

Between noon and 2 p.m. on Oct. 3, UAPS bicycle officers stopped

three drivers at various locations around campus for distracted driving.

All drivers were observed by officers to be talking on their cell phones while operating their vehicles, and were issued provincial offense notices.

Texting or talking on a cellphone while driving, even if stopped at a traffic light, is an offense under that Alberta Traffic Safety Act and punishable by a fine.

SHADY LADY

Shortly after midnight on Oct. 4, UAPS received a report of a female disrupting other students in the SUB Alumni Lounge.

She was identified as non-affiliated and had previously been dealt with by UAPS for a similar

occurrence earlier in the year.

She declined all offers of assistance for getting in touch with shelters and other city agencies.

She was issued a fine notice for trespassing and directed off property.

OH NO, B.O.!

Around noon on Oct. 4, a University staff member reported a suspicious male with a very strong body odour inhabiting the top of a stairwell in the Law Centre.

UAPS attended and located a male who was non-affiliated and previously trespassed sleeping at the top of the stairwell.

The male had outstanding Provincial and Criminal warrants and was arrested by officers.

He was issued a summons for trespassing and turned over to the Edmonton Police.

SUBSTANCE ABUSE

Just before 1 a.m. on Oct. 5, UAPS

responded to a report of a female suffering from over-intoxication in a bathroom in Lister Centre.

Officers attended and located the female who was conscious but uncontrollably sick.

Officers transported both her and a friend to the University Hospital Emergency for treatment.

THE MAN WHO CRIED WOLF

At 3:30 a.m. on Oct. 6, UAPS received an Emergency Blue Phone activation at Edmonton Clinic Health Academy.

The male who activated it stated he feared for his safety and he was being followed. UAPS attended and could not locate any immediate threat to the male's safety.

He was identified as being nonaffiliated and previously trespassed from campus. The male then admitted he was just trying to get a ride downtown to a homeless shelter.

His request for transport was

denied and he was escorted off university property.

HIGH ON LIFE

At7:15p.m.onOct.8,UAPSreceived a report from an off-duty officer that there was a group of individuals on the corner of 112 Street and 87 Avenue accosting pedestrians and attempting to sell something in a Ziploc bag.

Officers attended and identified all the individuals in the group. One of the males had a Ziploc bag with a fair-sized amount of vegetative substance inside which he claimed was salvia and was attempting to sell it for \$60 per gram.

The Edmonton Police were contacted to attend. The other individuals were sent on their way but the male with the bag was taken in to custody by EPS for investigative purposes and taken downtown. He was formally trespassed from U of A property.



you're not limited to 140 characters here. #publicconversation

Cockroaches discovered in four SAIT residence suites

Courtney Blatch

THE WEAL (SAIT)

CALGARY (CUP) — SAIT students on the fourth floor of the East Hall residence were shocked to learn they had a few unexpected roommates living with them this past month.

First-year journalism student Jennifer Wendt, living in residence for the first time, occupies one of the four suites where cockroaches have been found.

"It was disgusting to learn that there were cockroaches in our dorm," said Wendt. "I thought all of the rooms were cleaned before anyone moved in, but our room can't have been that clean if cockroaches were living here."

Wendt said exterminators set up traps behind her fridge and stove, and she was given Tupperware containers to put her dry food in to protect it from bugs.

"There are also people who come into our dorm twice a week, while we're in class, to check our rooms and replace the traps. They've never fumigated, though," said Wendt.

SAIT public relations specialist Melanie Simmons said that as soon as the residence manager, Brian Sellen, was notified about the cockroaches at the beginning of September. he took action.

"Expert exterminators were called in and preventative measures were put into place," said Simmons. "The cockroaches were only seen in four of the suites on the fourth floor of East Hall. To the people living in those suites we gave plastic containers to put their food into, and pamphlets

telling them how to keep their rooms clean and prevent the pests from coming back. We also do routine checks every 60 days for every room in residence to ensure that everyone is keeping their room clean."

"In the past years there have been other reported cases of pests on campus, such as mice in certain food venues and bed bugs in some of the apartments. However, all reported cases have been dealt with effectively. Pests are rarely seen on campus, but when they are, they are dealt with quickly," said Simmons.

According to the SAIT resident handbook, if you discover any pests, in residence or anywhere on campus, you must complete a work order request at the front desk of the Tower residence. The website states that "SAIT has an agreement with a local pest control company to respond to any pest issues that may arise."

Cockroaches are nocturnal: they usually do their scavenging for food at night, and they tend to run and hide when the lights are turned on.

According to local exterminator Brent Gage, "cockroaches can live just about anywhere, and in just about all conditions. They are an incredibly hardy type of bug, which makes them incredibly difficult to kill."

"The insects can survive without food for a month, and can live without air for 45 minutes. Setting a few traps around your house isn't usually enough to get rid of them. The best way to get rid of them for good is to fumigate in small concentrated areas like cracks in the walls and small humid places," said Gage.

However, the managers of East Hall believe that it is unnecessary to fumigate anywhere in the building. "The pest control company is confident the issue is isolated and that we will not need to fumigate," said Simmons.

"Cockroaches can be dangerous," said Gage. "They can contaminate food and spread diseases such as Salmonella, cholera, dysentery and hepatitis by walking over, and excreting on, food or food preparation areas after travelling through garbage and/or sewers. They also like to lay eggs in your food and around your home."

Many students in the East Hall Residence had no idea that there were even bugs in their building.

First-year dental assistant student, Danya Kova, whose suite is on the fourth floor, was one of them.

"I had no idea there were cockroaches in my building, let alone on my floor. Why wouldn't they tell everyone in the building about them so that we could prevent them from getting into our rooms too?" said Kova.

"They should have at least told everyone on the fourth floor."

Kevin Huei, a second-year business administration student living on the third floor, had a similar reaction.

"If I'm paying this much to live in res, I don't want to be living with cockroaches and who knows what else. At the very least I should be told what's going on in the building," said Huei.

news briefs

COMPILED BY Katelyn Hoffart

President wins Lougheed Award

University of Alberta President Indira Samarasekera was one of the honoured recipients of the Peter Lougheed Award on Sept. 26 at the Annual Western Dinner of Public Policy Forum.

A memorial to Lougheed, an accomplished Albertan politician and a distinguished U of A alumnus, the award aims to honour his memory by recognizing western leadership in public policy that has made a national impact.

Samarasekera thanked the forum and congratulated other fellow recipients before delving into her speech regarding the impact that Lougheed had on the Lougheed's example of leadership," university community as well as she said. throughout the country.

"Over that life, he gave so much to the U of A — as a Golden Bears football player, as President of the Student Union ... as law student, and later through his constant support and friendship —

including the endowment of prestigious annual undergraduate scholarships," Samarasekera said.

The president also noted the accomplishments Lougheed made in public policy through the creation of the Ministry of Advanced Education as well as the Heritage Fund and the Alberta Heritage Foundation for Medical Research, which has gone beyond borders to create a global impact.

Samarasekera noted that it was a privilege for her to have known him, and made a call to action to continue pursuing his vision of building a better province to create a better Canada.

"What an extraordinary vision. What exceptional leadership. Tonight we recognize exemplary leadership in Canada. We would be wise to heed Premier

U of A drops in world rankings

The University of Alberta has dropped in international reputation according to the Times Higher Education World University Rankings.

The world rankings, which previously saw the U of A in 100th place in 2011-2012, relegated the university to 121st place for this year.

The rankings are powered by Thomson Reuters, a leading multibillion dollar corporation which operates in financial, risk, legal, intellectual, tax, accounting and media sectors.

The rankings are the only global analysis of its kind that focuses on quality of teaching, research and research influence, industry income and international outlook.

The U of A's highest scoring area was in the International Outlook section, whose grade was 67.7 per cent.

The corporation calculates overall rankings using Z-scores based off of the collection of data that institutions provide.

This year 16,639 responses were collected in total, although some universities are excluded such as ones that do not offer undergraduate programs.

To see more information on the rankings and how the methodology works, visit the World University Rankings website.

Articles, Prepositions & Cookies: Centre for Writers

Oct. 15, 2:00 p.m. – 3:00 p.m. 1-26 Assiniboia Hall

Grad School and Professonal Expo 2012

Oct 17, all day Maple Leaf Room, Lister Conference Centre

gateway news

famous journalist of the week:

Bob Woodward



"The central dilemma in journalism is that you don't know what you don't know."

We're your gateway to useless advice.

NEWS MEETINGS FRIDAYS AT 3 PM IN 3-04 SUB

online at THEGATEWAYONLINE.CA/NEWS

events listings

Library & Information Studies Research Colloquium

0ct 10, 11:00 a.m. − 3:00 p.m. 2-09 Rutherford South

Eugenics Awareness Week presents Invisible Child

Oct. 12, 1:30 p.m.-2:45 p.m. 2-02 Assiniboia Hall

Opinion

Opinion Editor

Darcy Ropchan

Phone

780.492.6661

Email opinion@gateway.ualberta.ca

Volunteer

Opinion meetings Wednesdays at 5 p.m. in 3-04 SUB. C'mon by!

EDITORIAL COMMENT

Cutting of chaplains ignores right of freedom of religion

It's safe to say new cost-cutting measures in Canadian federal prisons do not support freedom of religion like the Conservative government has otherwise claimed. Freedom of religion may be a contentious subject that draws a number of interpretations, making it difficult to say what giving someone freedom of religion actually means, but the culling of all part-time non-Christian chaplains shouldn't count by any definition.

These chaplains work with inmates to hopefully help them find a better direction for their lives through their specific faith. However, according to Public Safety Minister Vic Toews, keeping these part-time chaplains of other religions is an inappropriate use of taxpayer money.

It's believed by many that religious chaplains can help reduce recidivism among inmates. Religious leaders argue they do important work to ensure inmates have all the tools they need to avoid reoffending and ending up back in jail, and that this is a method that works.

But whether these claims are true and prison chaplains are an effective use of taxpayer money isn't the major flaw in Toews' announcement. Instead, it's the statement these measures make in implying that Christian chaplains are more important than chaplains of other faiths.

Instead, no matter whether prisoners are Christian, Muslim, Jewish, Sikh or any other religion, all federal inmates are expected to receive guidance from chaplains who will provide interfaith services and counselling. But it's ridiculous to assume that the minister of one faith can cover any and all religions.

Having the ability to aid prisoners through religion likely comes from a lifelong devotion to their specific faith, and to expect the same level of knowledge and guidance from a chaplain in other faiths and spiritualities is ludicrous. Various religious leaders have spoken out saying they don't believe that Christians could cater to the spiritual needs of a prisoner of a differing religion — and they're right. Religious ministers are not a one-size-fits-all product. They're specialized experts in their own spiritualities and their own beliefs. We shouldn't expect them to have equal expertise of every religion.

Despite Toews' comment about what would be the best use of taxpayers' dollars, the most fitting solution would be to employ a number of chaplains proportionately consistent with the religions of inmates. That would mean having just over half of the chaplains employed as Christian, but also having percentages of chaplains that account for the 37.5 per cent of inmates that are Catholic, or the 4.5 per cent that are Muslim.

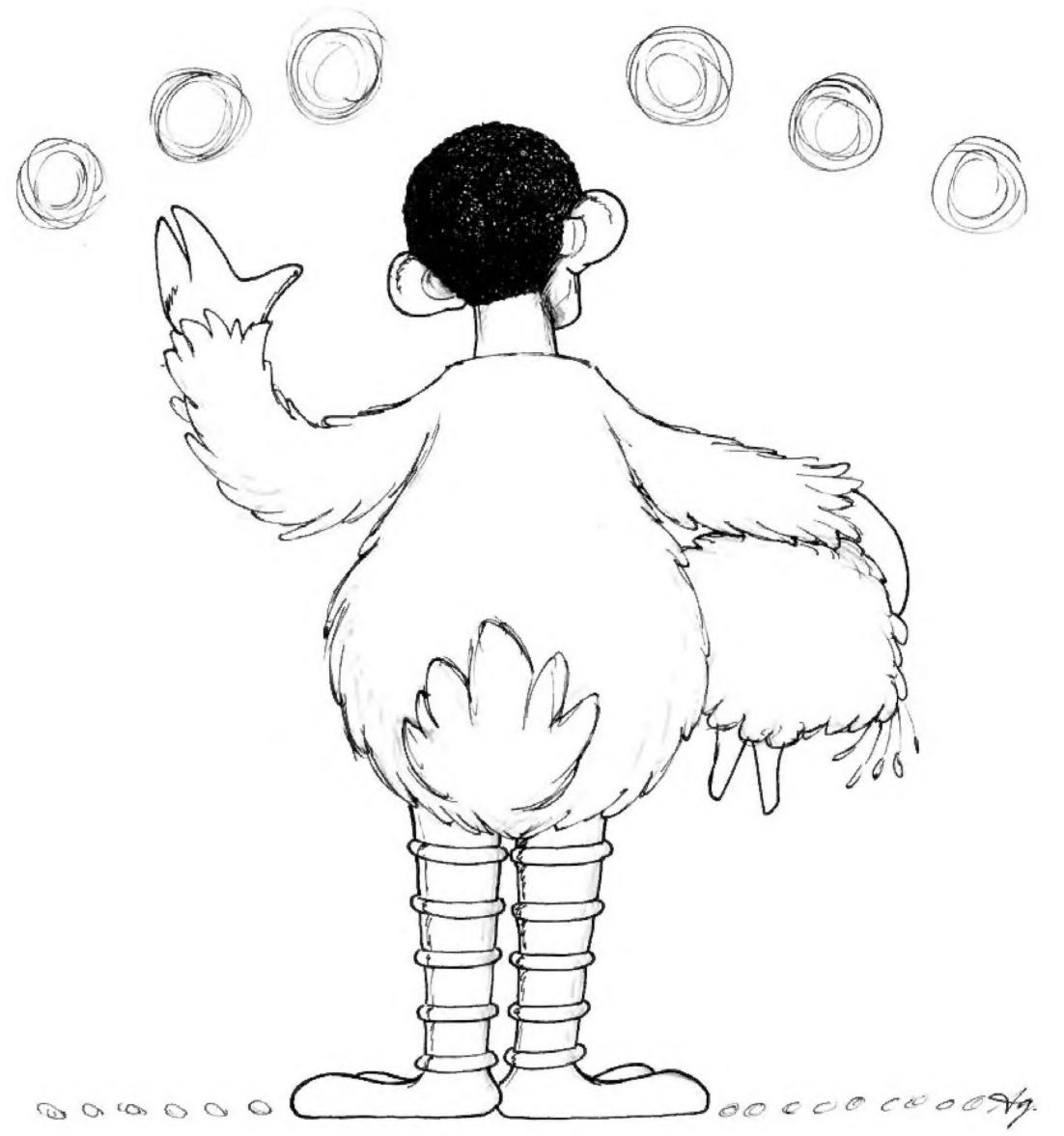
While the multi-faith model may be more economically beneficial to the country, one has to wonder just how much this change is saving the government. This is the point of view put forward by NDP foreign affairs critic Paul Dewar, who questioned how much money the government would actually be saving from a program that Dewar claimed wasn't costly in the first place. After all, the total cost of the chaplain program is \$6.4 million per year, and the contracts of part-time chaplains only make up for \$1.3 million of that total.

Freedom of religion is clearly not being supported with this new model, despite Toews' claims. Freedom of religion would mean giving non-Christian inmates the freedom to receive guidance from their own specific, non-Christian religions. But an even bigger contradiction in Toews' statements, is that "the Government of Canada is not in the business of picking and choosing which religions will be given preferential status."

By effectively eliminating all non-Christian religious staff members, the government — whether intentionally or not — picked and chose this one religion as more relevant and important than any other. Canada has long sought to be a multicultural, pluralistic society, and decisions like this undercut that goal. To truly be a multicultural mosaic, like so many Canadian classrooms claim this country is, the federal government has to strive to accommodate as many cultures as they can in as many ways possible. Even if these people are prisoners, they still deserve the same basic rights to religious freedom as everyone else.

Employing the same number of chaplains, but representing a number of different faiths would be ideal. Even to cut prison chaplains entirely would have been a better move for the government if it truly was a necessary decision for the sake of saving taxpayers' money. But these changes to federal prisons imply that one religion is more relevant to Canadians than any other, which is a ridiculous blunder for a federal government of any country as large and diverse as Canada to make.

Andrew Jeffrey
SPORTS EDITOR



ANTHONY GOERTZ

letters to the editor

Free tuition demand the right thing to do

The editorial in The Gateway on Sept. 29 concerning the Quebec student movement, CLASSE, should be retitled, "CLASSE shows class by fighting for free tuition." The phrase "acting like whining spoiled children" should be replaced by "acting like true representatives of the interests of the students and the society." The implication that the students were somehow responsible for the violence by the state against the students should be deleted. It was the state and their agents, the police, who were responsible for all the violence. And the police of various kinds are still occupying some Quebec campuses and still harassing students. The demand for free tuition definitely raises, not lowers, the credibility of CLASSE because it shows that they firmly believe in the right to education.

The editorial suggests that "university is not for everyone." But that is up to those who consider going to university to decide; it is not an issue of someone's DNA. Everyone should have the right to go to university and tuition fees are an obstacle that can prevent people from going. The atrocious levels of student debt clearly confirm that. A handful of bursaries and scholarships are just a ploy to divert the demand for free tuition and another way to enrich the banks.

The editorial suggests that the only way to eliminate tuition fees is to raise taxes. This is scaremongering and it is not the case. In fact,

all individual taxes should eventually also be eliminated. In society, it is the working people who produce all the added value through their labour. This means that it is the workers who should have first claim on the value that is produced. Instead, the monopolies are given first claim. The monopolies take the lion's share of the added value even though they produce nothing. After the monopolies reap their profits, the government makes second claim, which is supposed to be invested in social programs. Instead, most of the government's claim is also handed over to the monopolies in the form of subsidies of various kinds such as the \$2 billion carbon storage program. It is this added value created by the workers and handed over to the monopolies that can be used to fund post-secondary education and other social programs. This of course will be easier to do when the energy industry is publicly owned.

In conclusion, because CLASSE got what they wanted they should definitely continue making demands. The reason that Quebec has the lowest tuition fees in Canada is because they stood up and fought for them again and again. One possible strategy is to call for a fee freeze followed by the gradual lowering and eventual elimination of all tuition fees (as well as all MNIFs). This could be campaigned for not only in Quebec but all across Canada, including at University of Alberta.

Dr. Dougal MacDonald
DEPARTMENT OF ELEMENTARY EDUCATION

Khadr doesn't pose a major threat to Canada

FROM THE WEB

(Re: "Khadr not ready for post secondary," by, Saba Kaidani, Oct. 3)

So, anyone that we lowly university students deem to be "not worth of admitting into a post secondary institution" should continue to be marginalized from society... Care to explain how that serves as a solution? If all this kid wants is to go to school and get an education that we all probably take for granted everyday, why isn't it our responsibility to help him achieve that, him being a Canadian citizen and entitled to the same rights as the rest of us? I'm sure he will require ongoing psychiatric treatment but hey, so do a lot of us, and our mental illnesses just go undiagnosed until one of us commits stress-induced suicide. Though you're quick to point out that Khadr could one day take violent action against those around him based on his past (because defending your own life when your village is under attack by ruthless American soldiers and randomly shooting a bunch of people at school are totally the same thing), there's a much higher likelihood that a school shooting would be at the hands of your typical run-of-the-mill white male supremacist.

"Mim"
VIA WEB

PLEASE SEE **LETTERS •** PAGE 10

PETA's laughably pathetic problem with Pokémon

Waging war against a fictional cartoon show proves that PETA doesn't have their priorities straight when fighting for animal rights



Darcy Ropchan OPINION EDITOR

Illogical, absurd arguments that make us look like self-righteous assholes, we choose you. That's the impression animal rights group PETA is giving off by claiming the new *Pokémon Black 2 and White 2* games promote animal abuse.

It's really no surprise PETA will go to extreme, often tasteless lengths for attention — regardless of whether it's positive or negative. Going nude to promote the idea that fur is murder, ridiculously quoting academic studies out of context to claim that milk consumption causes autism and comparing the slaughter of livestock to the horrific crimes of Jeffrey Dahmer are just some of the ways in which PETA has tried to nobly fight for the rights of animals. But this recent attack on a beloved — and entirely fictional video game has done away with the very little amount of respect and credibility PETA had left.

"The amount of time that Pokémon spend stuffed in pokeballs is akin to how elephants are chained up in train carts, waiting to be let out to 'perform' in circuses," PETA states on their website. PETA also tries to explain that the Pokémon universe serves to glorify staged animal fighting by making it seem less horrible than it is in reality.

Just in case it didn't seem like PETA's war of words against Pokémon was quite enough to drive the message home, they've come out with a version of their own game on the PETA website: Pokémon Black and Blue: Gotta Free 'Em All! You

play as a Pokémon fed up with the supposed abuse and neglect that you've endured at the hands of your trainer. The Pokémon fights their trainer by using such deadly moves as "group hug" and "protest," which little by little causes damage to your trainer. After you've won against her, the Pokémon proudly exclaims that all Pokémon exist for a reason and are not meant to be abused. How cute. PETA would almost have a credible argument to stand on if it weren't for the fact that Pokémon is fictional, and the player uses fighting — the thing that PETA takes issue with in the first place — against their trainer.

PETA's crusade against Pokémon only serves to make people laugh and question their legitimacy as an advocator of animal rights — the correct response to this situation.

It really shouldn't need to be said that animal abuse is bad. But unfortunately, it's a reality. And although it seems like PETA's heart is in the right place by trying to bring the issue of animal abuse and neglect to light, the overall lunacy of this campaign overshadows this message.

Instead of taking time to ponder and perhaps do something productive to help abused animals, PETA's crusade against Pokémon only serves to make people laugh and question their legitimacy as an advocator of animal rights — the correct response to this situation.

Although Pokémon is a franchise adored by people of all ages and



THEY'RE NOT GOING TO TAKE IT ANYMORE Claiming Pokémon promotes violence towards animals is ridiculous. SUPPLIED

walks of life, it's ultimately a series marketed towards younger people — which makes the messages behind the show important. Although kids shouldn't be learning and basing their moral code off a video game or TV show, young kids are highly impressionable. But it doesn't seem like Pokémon is breeding a future generation of animal abusers or dog

fighting enthusiasts. In fact, ask a Pokémon fan what the core themes of the show are, and it's certain they'll say it's friendship and loyalty. After all, a trainer is only successful if his chosen Pokémon is at the top of its game by being trained and loved. The two depend on each other and there's absolutely no semblance of abuse present in these games and shows.

Fighting to end animal abuse is a universally agreeable cause that everyone can get behind, but PETA is making a joke out of the whole issue with their tirade against fictional set of characters. Go out and take real action to help and hopefully prevent animal abuse instead of paying attention to PETA's idiotic drivel.

Justin Trudeau's testing of political waters reveals he's a worthy candidate



Joel Aspden
OPINION WRITER

Slightly awkward but sharp, Justin Trudeau has popped into the limelight over the past several weeks. Eldest son of Pierre Trudeau, Canada's own "reason before passion" prime minister, Justin is following in his father's footsteps by entering the race for the leadership of the Liberal Party of Canada. Intelligent and well-spoken, a few have already speculated about whether or not the young leader will inspire a new kind of "Trudeaumania." It may seem doubtful a modern crowd will quite make it that far, but it's certainly believable Justin Trudeau will be our country's own top-man in the not-so-distant future.

When you see him speak with that charisma and spirit, it's hard not to be reminded a little bit of the late Jack Layton, the former federal leader of the NDP. It may be their command of the French language that gives them that dedicated aura, but similar to Layton, Justin has a very likeable quality about him that will no doubt endear him to voters.

A trip to his website reveals a little more about who we might be looking at in the future. With its

ominous message of "change," and its light-hearted but clean fonts and colours, Trudeau's website and the message behind it brings to mind Barack Obama. Whether this is significant is debatable, but drawing similarities between Obama's public presence and Trudeau's is easy — and is an early positive sign.

Trudeau has to work on improving the image of the Liberal Party itself before he starts to flex his personalized perspective.

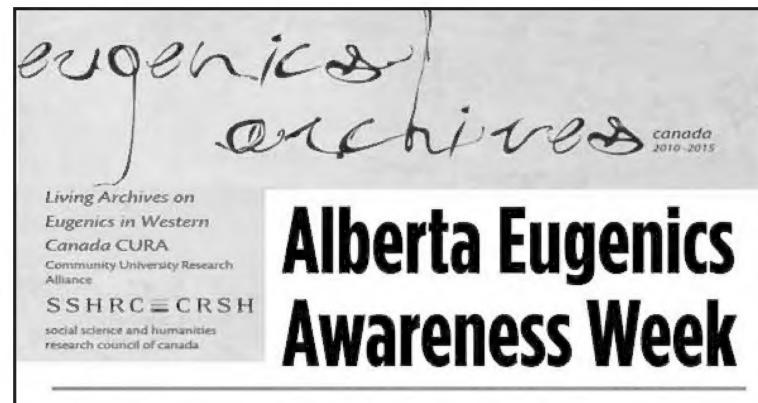
Not stopping at the strong, relatable public image, Trudeau also manages to impress with his love for Canada. Political beliefs, especially when presented in a situation of political candidacy, can sound inflated and fluffed-up. While Trudeau's campaign definitely carries its own share of fluff, his mild history of non-radical advocacy, his modern global awareness and rounded opinions help to offset these feelings. With respect to the junior Trudeau, authenticity seems to be the name of the game.

Granted, when you look for the more concrete details of his platform, real commitments are lacking. But the date of the leadership election, April 14, is a long-ways off, and we don't necessarily need to see him come down on any hard issues right now. With the time that he has, the Quebec-Papineau MP will be able to surprise with some sharper ideas. For the time being, it's fine for him to just let us get to know him.

In a broader sense, and along with his co-candidates for leadership, Trudeau has to work on improving the image of the Liberal Party itself before he starts to flex his personalized perspective. They floundered significantly with Ignatieff at the helm. And now, with the Conservatives and the NDP splitting the majority of seats in the last election, the Liberals can't just advocate anymore on the basis that everyone will be listening. Justin Trudeau has a chance to spearhead the Liberals' move back into the position of the Official Opposition — not out of reach for this third party.

While he may not have started Trudeaumania 2.0 — at least not yet — the young Justin Trudeau will quite likely be the leader of the Liberal Party come April. Despite standing on a rather loose platform, Trudeau's character will be is most valuable asset. Until he comes out with a solid platform of ideas, it will be near impossible to judge him as a potential leader. However, based on what we've seen from him so far, he seems more than capable of handling the job.





October 12 to 19, 2012

Friday October 12, 2012 • 10:00 am - 4:00 pm • Living Archives Team Meeting. Includes a talk at 11am by Professor Erika Dyck, "Facing Eugenics: Reproduction, Sterilization & the Politics of Choice in 20th Century Alberta", plus a special free performance at 1.30pm of Invisible Child, a 2012 Fringe play about Leilani Muir, who launched one of the greatest David and Goliath battles of our history, suing the province for wrongful sterilization. Please join us at 2-02A Assiniboia Hall, University of Alberta.

Saturday October 13 • 9:30 am - 4:30 pm • Living Archives Team Meeting continues with team presentations, including a showcase of digital tools & resources by our Technical Team at 9.30am & a talk at 3pm by Dr. Kathryn Harvey, Head Archivist, University of Guelph, on the politics of archiving & memory. Please join us at 2-02A Assiniboia Hall, University of Alberta.

Monday October 15 • 12:00 pm - 1:00 pm • Brown bag lunch, "Eugenics, Indian Policy, and the Coercive Sterilization of Aboriginal Women" Dr. Karen Stote, University of New Brunswick, Dept of Interdisciplinary Studies, Computing Science Building, B-10, University of Alberta.

Tuesday October 16 • 12:00 pm - 1:00 pm • Brown bag lunch, Dr. Kathryn Harvey, Head Archival & Special Collections, University of Guelph Library "Attacks on historical memory and the politics of archives: how decisions are made and who makes them", Henderson Hall, Rutherford South, Uni versity of Alberta.

Wednesday October 17 • 12:00 pm - 1:00 pm • Special commemorative session on the 40th Anniversary of the Repeal of the Sexual Sterilization Act, at Edmonton City Hall. Speakers: Dean Lesley Cormack, Professor Gerald Robertson, Q.C., LL.B., LL.M., Leilani Muir, Judy Lytton, & others. Refreshments served & an opportunity to express your views. All welcome.

Thursday October 18 at 12:00 pm - 1:00 pm • Person's Day Panel Discussion, Henderson Hall, Rutherford South, University of Alberta. Speakers: Professor Lise Gotell, "Some thoughts on feminism and eugenics", Professor & Chair, Women's Studies; Dr. Chris Andersen, "Indigenous well-being and the demographics of deficit", Native Studies; and Dr. Sally Rice Interim Chair, Linguistics. Also, 3:30pm -4:45 pm • Building Alliances Round Table Discussion with Dr. Alexis Shotwell, Catherine Clune-Taylor & Joshua St. Pierre. 5:00 pm • "Austerity & Excess: Cripping the Crisis" by Dr. Robert McRuer at Arts Based Research Studio (4-104 Education North), University of Alberta. Part of the "(Dis)ability? Queer & Feminist Perspectives; Living Archives on Eugenics in Western Canada is a co-sponsor.

Thursday October 18 • Doors at 6:30 pm & show at 7:00 pm • Crip Tease: An Evening of Irreverent Art at the Arts Based Research Studio (4-104 Education North), University of Alberta. Refreshments & cash bar, vegan options available. Part of the "(Dis)ability? Queer & Feminist Perspectives; Living Archives on Eugenics in Western Canada is a co-sponsor.

Friday October 19 • 11:00 am – 12:30 pm • Desiring Disability Round Table Discussion with Dr. Robert McRuer, Loree Erickson, Lindsay Eales & Danielle Peers. At 1:30 pm - 3:00 pm "Queer Desires, Complex Bodies, and Non-Identification" by Alexis Shotwell at Arts Based Research Studio (4-104 Education North), University of Alberta. Part of the "(Dis)ability? Queer & Feminist Perspectives; Living Archives on Eugenics in Western Canada is a co-sponsor.

All events are FREE and OPEN TO THE PUBLIC!

More details and updates at eugenicsarchive.ca

or contact Moyra Lang moyra@ualberta.ca

LETTERS • CONTINUED FROM PAGE 8

Bike lanes on major streets not always feasible

(Re: "Bike lanes are on the right path," by Ryan Stephens, Oct. 3)

While I agree with Mr. Stephens that promoting cycling in Edmonton is a good idea, his essential argument for bike route on Whyte, a major thoroughfare, over 83rd and 81st is that:

"(cyclists) shouldn't have to detour and give up the sights and sounds of Whyte, seeing as they're making the effort to improve both their health and the environment."

My counterpoint is that an effective solution would do more to promote usage of bicycles, that mixed usage is inefficient, and that bicycles on 83rd and 81st would be very effcient.

Just 3 km away from the edge "prime" cycling area 82nd avenue is a freeway with a speed limit of 100 km/hr, it is part of one the main cross-Edmonton routes that are used not just by lazy slobs who haven't converted to biking, but by commercial, industrial and public transit. Biking mixes poorly with large vehicles, why mix them when there is a perfectly good option one block north or south? Do we need to add a biking lane to the Whitemud next? We can do the Yellowhead afterwards.

83rd and 81st can be primarily purposed for cycling by setting up traffic controls so there is less stop/start for bikers, setting a speed limit for cars (that is STRICTLY enforced at maybe 30 km/hr for motorized vehicles and 40 km/hr for fast cyclists) and whatever other changes make life easier without mixing 165 lb vehicles going 30 km/hr with 10,000 lb vehicles going 50 km/hr.

This isn't about the biking "community," this isn't about inclusion of some marginalized group,

and this certainly isn't about enjoying the sights and sounds of Whyte Ave, this is about the safe and efficient transportation of people and goods to promote the functioning of our city.

> **Charles Heard** VIA WEB

Going to the local video store is still a wonderful experience

(Re: "Support for local video stores critical after closures," by Corey Guiltner, Oct. 3)

Thank you for this article! I am always trying to convince people to take a trip to the video store. There's just something that's still fun about going in, getting greeted at the door, and walking up and down the isles with your little bag of popcorn, commenting dozens of movies with your friends. I am a huge fan of The Movie Studio (and they are dog friendly! treats and water.) and hope it continues to do well!

> **Ashley U** VIA WEB

Don't forget about the little guys

(Re: "Support for local video stores critical after closures," by Corey Guiltner, Oct.3)

Yikes! Why the wasn't The Lobby DVD Shop on Whyte even mentioned in this article? How disappointing. It's an incredible little store, owned and run and staffed all by just one dude. It's got a great niche market going too - cult cinema, horror, the weird & the rare of film are all available to rent or buy. It's also kind of like a retro bookstore because he has couches you can hang out on and chill or watch movies, which i'm pretty sure is unique to him. I shop at Movie Studio and Videodrome as well, but the expeience at The Lobby is like nothing else. I don't understand at all why this article was not researched a little better - The Lobby may not have the popularity of some of these other big rental shops, or the brand power, but it is locally owned and in danger of suffering the same fate. Would have liked to see a little more consideration from the writer.

> **Corrianne Brons** VIA WEB

Low voter turnout a result is SU's fault, not student apathy

(Re: "Taking back the dodgeball record worthwhile," by Corey Guiltner, Oct.3)

That isn't a result of student apathy it's the result of the Students' Union and the candidates themselves failing completely to campaign at all. No one, not even my very political friends knew about this election. Most S.U. stuff, save the executive elections, seem to me after four years of observation to be insular and circlejerky, with friends voting for friends and no one else even knowing what the fuck is going on.

"Itislateatnight"

VIA WEB

Letters to the editor should be sent letters@gateway.ualberta.ca (no attachments, please).

The Gateway reserves the right to edit letters for length and clarity, and to refuse publication of any letter it deems racist, sexist, libellous, or otherwise hateful in nature.

The Gateway also reserves the right to publish letters online. People read stuff on the internet.

Letters should be no longer than 350 words and include the authors name, program and year of study to be considered for publication.

Also, you'd really be doing us a huge favour by not putting double spaces after periods. Seriously, you guys have no idea how annoying it is to fix all of those.

three free

Got something that you need to get off your mind? Either email us at threelinesfree@gateway ualberta.ca, tweet @threelinesfree, or message us at www.thegatewayonline.ca/threelinesfree

What is with all the noise on Cameron 4th?

Man, the per unit system seems WAY simpler than just using scien-

tific notation... Does anyone play Tribes?

Cramdunk, your scones are tiny. I will not buy them.

Girls, do you mind if guys start a conversation on the bus? What nothing help nobody. would be a good approach?

The pages are worn,

The cover is abysmal, The content is gold. Waiting for the drop,

Wub wub wub wub wub wub, Lyric-less "music".

People who talk only about themselves really should shut the fuck up. It is boring. You are boring. Food vendor in HUB - please use real cheese, not crappy Kraft slices.

Give me a break. Another sign you might be a doucebag - you wonder why more people don't special order books about the Gulag. Why do some women think

guys give a shit about what they find attractive? Autonomy is the best thing that ever happened to The Gateway. Worstthing that happened: moving to a once/week publication.

I need to get 4.0 this year. Fml. Wouldn't it be by Odin's beard? And the Morrigan has a special place for we who suffer through dumb unending questions

Contagious smiling, Faces adorned with dimples, The cutest disease.

wait this isn't brotips..

MOCKUPY - stay home. demand

see thewandereronline.com to read an interesting, unbiased, student newspaper not tarnished by money To the science student who thinks you can make a career with your degree. Good fucking luck and make me a grande chai latte.

-engineering student Lengthy sad essay

Destroyed by little brother I shouldn't be here Just a friendly reminder that sound

carries: when you have a conversation in the landing of Cam, we can hear every word on the floor.

Ask Dr. Donna is the best thing to hit this paper since tlf. She's hilarious, keep it coming!

jeez louise, there's so many libraries and hotspots on campus to choose from what a treat Butts

Highlighting the entire lecture PowerPoint that you have printed is probably ineffective.

You changed your iPhone 5 for an extra inch? I hope your girlfriend doesn't do the same.

they make phones that make noises when you try to turn them off. c'mon, get it together guys.

just buy a fucking engagement ring for your smug girlfriend already what's up with fox drive being backed up everyday. take the bus people

Whoever you are, you're not alone i love cats so much

Lenin's Tomb is a Communist Plot I wanted to see you on Tuesday

Did terrorists hijack the U's grass sprinkler system? I see rampant unwanted sprinkling of the student body!

Quit complaining about Rutherford Dinavahi is a robot.

Katz Timmies takes gift cards!! Guy who leaves in the middle of RLS 100 every class, stop coming to class. And take your crunchy sub way wrappers with you.

The Gateway reserves the right to refuse publication of any TLF submission it deems racist, sexist, or other wise hateful in nature.

Violence makes presidential debates more fun



Opinion Staff GROUP COMMENTARY

Last week's presidential debate saw Barack Obama and Mitt Romney fight for their political lives. But debates are boring. The Gateway has a few ideas to make the presidential debates a little more watchable

Jennifer Polack

It does not take much to spice up a presidential debate. In fact, I'm fairly certain that some kazoos and sparklers would be do the trick. But in the rare instance where party favours aren't enough, how do giant mechanical dinosaurs sound? Go big or go home — that's what I always say. Just picture it: President Barack Obama riding in on a Tyrannosaurus Rex and Mitt Romney entering the room on an equally large Stegosaurus. It makes sense because anyone who hates middle-aged men riding dinosaurs we want: dinosaur fights. hates freedom.

Another thing that would definitely make these debates more watchable is if there were a clear winner — and not in the sense that "they both made good arguments, but Obama's were more convincing" but more like "in a score of 83 to 78, Obama is the winner!" Then, in the instance of a tie, the winner is decided by an epic dinosaur death match where the T-rex and the Stegosaurus would rip each other to shreds in an attempt to score the winning point. That's



FINALLY, A DEBATE WORTH WATCHING Only the strongest man is worthy of becoming the next president of America. STEFANO JUN

real democracy right there. Then, the winner would crowd surf over the mechanical dinosaur rubble, wearing a crown of sparklers.

If politicians want the coveted youth vote, they need take our generation's advice and give us what

Jeremy Cherlet

In the final month before the election at the beginning of November, one of the surprising things is the bad behaviour of the candidates they often interrupt, go over time and perhaps say things that are less than true. An addition of electroshock conditioning could ensure that the debaters stay honest as well as on their best behaviour.

This concept is nothing new. From using electrified fences to keep

farm animals and prisoners caged in to hooking up wires to the scrotums of suspected terrorists, electroshock gets results. Considering the appalling nature of the conduct by participants in these debates it's a perfectly sensible option, and would easily make the debates 100 per cent more viewable.

There are some risks, however. American politics tends to be filled with old white men, a segment of the population that seems to have many troubles with cardiac arrest. Although it doesn't take a cardiac specialist to say if large amounts of electric jolts are bad for someone already likely to have — or have had — a heart attack or two. this could also serve as natural selection in a way: nobody wants a Commander-in-Chief who dies trying to pry his toast from the

toaster. Someone like that can't lead the free world.

Alexander Sorochan

So the American economy is still shot, and with the election coming up what we need is a true man to lead the world's greatest country. We need someone with balls. Talk is one thing, but most of the time the candidates aren't willing to follow through. The debates are a couple people rattling off fancy words back and forth to try to win the support of the voter. What we need is someone who will take action.

Instead of these debates, the presidential candidates should have to pass a test of courage and strength — what better way test them than havingthemwrestleabear. Whoever can last the most rounds locked in a

cage with a starving, rabid grizzly bear would instantly gain the support of people across the country. With nothing but their bare hands, they would stand toe to paw with one of mother nature's finest killing machines. If a candidate can last 12 rounds with a full grown grizzly, I'd say he's more than suited for the job of leading the world's greatest super power.

Joel Aspden

For starters, the host of the debate was quite old and dull. I mean, Jim Lehrer? Boring. The host should have been a family name, so that everyone from eight to 80 years old knew who he was — someone like Hulk Hogan. But the total blandness doesn't stop there.

The emphatic entries of the presidential candidates were practically non-existent. The crowd needed to be amped-up with something more exciting. The candidates should have descended from the ceiling in near-perfectly matched red and blue jetpacks. Some flames and loud heavy metal music would have accompanied this brilliant entry.

Also, the debate itself shouldn't be focused on the economy, military or any other boring topics the debate should focus on the most important possible thing: sounding like you're smart. The person who says the most complicated, impressive, intelligent words reigns supreme over the other.

All this sounds interesting to me because, luckily, it's not my government. This is all a joke, and would be hilarious. But the American political game is already kind of a joke — and not in a funny way.



Facts

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- + over 100 young women with breast cancer die every year in Canada
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David Frum is a contributing editor for Newsweek, The Daily Beast and a CNN commentator. He is the author of seven books, including most recently, his first novel <u>Patriots</u>, published in April 2012.

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Concerts lame without moshing



Alexander Sorochan OPINION WRITER

The true spirit of rock and roll is dead. The anarchy and party-hard lifestyle has finally keeled over and let out its final breath. What used to be a chance for the youth of the underground to get together, maybe get wasted and have an awesome time has turned into another way for the man to tell us to stand still, shut up and listen. They have finally

The other day I was lucky enough to see the Smashing Pumpkins play live. My friends and I pounced on the chance to get floor tickets. Our plan was simple, slam back a couple beers and head straight for the front, where the best mosh pits are usually found. During one of the heavier songs on the set list my friend and I started to jump around, not aggressively or anything close

to a real mosh, but just enjoying ourselves. Within minutes security was standing in the middle of the floor preventing anyone from doing anything more "hardcore" than bobbing their heads.

so concerned about people getting hurt, they shouldn't be working at a rock show. That isn't to say that we should be left alone to do whatever. Once in a while there will be somebody looking to throw down.

I've been in my fair share of mosh pits and gotten a good dose of battle scars and head trauma. That's the price you pay when you enter floor to rock out. But there's always been an overwhelming sense of community and intimacy. Being drenched in sweat and pushed against 20 other people definitely leads to some sort of personal connection, even if you don't know their names. Everyone always looks out for each other. If someone falls over, the entire pit stops and helps them up. No one is trying to hurt anyone else — they're too busy enjoying the moment.

Of course there are safety concerns. It's a combination of physical contact, adrenaline, beer and loud music. But that doesn't mean we have to kill it off all together. We know the risks when we enter, and we just want to party. If someone is

hurt, they shouldn't be working at a rock show. That isn't to say that we should be left alone to do whatever. Once in a while there will be somebody looking to throw down. But rather than cutting off all rocking out, just post a bouncer nearby to keep an eye out, and jump in if it gets bad. People are already patted down and given a thorough search at most rock concerts, preventing anyone from bringing weapons to cause serious damage. If a few idiots want to ruin things by trying to fight, security guards are more then equipped to deal with these people without cutting the rocking out short.

I don't know if the restrictions on the partying were from the venue or the band. Either way it marks the end of an era. The angsty punk attitude of the '90s that I was trying to channel has been swept under the carpet and replaced with a conservative attitude. And here I was thinking that rock and roll was all about having fun and sticking it to the man.

Online courses a worthy class alternative



Jeremy Cherlet OPINION WRITER

In September the University of Alberta took a step in the right direction and announced that E-learning programs — also known as online learning — would be offered. These programs, some of which are offered through Udacity, are beneficial for many reasons, and the University should look to move into the future by expanding its online offerings.

Comparing the experience of sitting in a packed lecture theatre for an hour with the experience of watching a recorded one-hour lecture online will probably not provide you with many educational differences. While the recorded version eliminates your ability to ask an immediate question — which is not often possible anyways, it provides you with the convenience of being able to watch it wherever and whenever you want, as well as the ability to watch it again.

The big hurdle with online

learning is having large numbers of course offerings for credit that offer meaningful alternatives to traditional lectures. The largest issue here seems to be learner evaluation — online testing opens up a lot of room for cheating and collusion. The infrastructure already exists to provide traditional exams, so I would suggest to keep using that — we don't need to strive for ultimate convenience at the potential expense of academic integrity.

Among the many benefits of online learning are convenience and cost effectiveness, things the university is always working towards. Offering courses online should provide significant savings in operational areas, as the cost of power and heating for a large lecture theatre — especially in the Edmonton winter — are quite significant, not to mention wear and tear and expansion or renovation costs. There may also be savings in the area of teaching, as fewer hours could be required from teaching staff to create and manage online courses, allowing professors more efficient use of their work hours. In terms of convenience, online courses are hands down winners — there is a clear victor when comparing being able to watch or hear a lecture

whenever and wherever as opposed to rushing to a crowded lecture theatre in a specific time slot.

Don't take this as a call for online learning to replace all courses, especially the higher level ones where student-student and studentprofessor interactions are key to the educational experience. In no way could an online course replicate a seminar, where engagement is absolutely central to the process. However, many first year courses, where there is zero engagement and students are simply expected to memorize facts and then recite them on multiple choice tests should have online equivalents. Our lives are already busy, and there's no reason for someone to worry about making it to an economics or anthropology lecture when they could just as easily have the same experience watching the lecture online.

The new online offerings by the university are a step in the right direction, but by no means a monumental shift. If online course offerings are continually expanded — especially as an alternative to some traditional courses — the university will make the lives of already overstressed students that much easier.

Midterms are a living hell for us engineers



Yasir Ali OPINION WRITER

A quick look at your fellow jaded university students will show you that midterms are in full swing. Unless you're new here, you should be no stranger to these tests that remind us all that we haven't paid attention to anything so far. But if you think that cramming information and regurgitating it in a couple of days is hard work, then I suggest sparing a glance on the dark side behind Quad. The rumours are true: those students studying behind those shiny metal buildings are engineers. And a little word of advice: you should stay away from them, because who knows what diseases they're carrying after reading those musty, ancient books of formulas.

The life of an engineering student is soul-crushing. Every year thousands enlist in hopes of a lucrative career, but what most fail to recognize is that the path to becoming an engineer is not only filled with hardships, but every now and then there's going to be one course that will break your willpower, grind it to mush and then dump it in the sewer. And to top it all, your friends in other faculties will give a quick look at your grade, compare it with their superlative As and wonder why you aren't taking academia seriously.

Engineering students are supposed to take six courses per semester — seven if you're in Engineering Physics — in order to graduate on time. Six midterms in a span of a week or two is the ideal recipe for a mental breakdown. And to add on to our course load, there are going to be assignments and lab reports due every week regardless of there being a midterm or not. There can be days on end when I stubbornly refuse to shave my facial hair and become a hermit hibernating in Cameron simply because I'm trying to keep up with assignments.

Naturally midterms are just another reminder for us engineering students to cease our desperate attempts at trying to have a social life. Before midterms, you might have spotted us squirming and looking downright uncomfortable at a party or two, but to even have our basic right to awkwardly squirm taken away just makes us all the more sad and lonely. And here's the fun part: regardless of how long we study the material for a course, there's always going to be some aspect that we either didn't get or forgot to review that ends up bringing down our GPA to a pitiful score.

And like an infinite loop, every semester our GPA brings us to the point of questioning our abilities until we learn the score of another engineering friend and then feeling better about ourselves, head to Dewey's to drink our problems away. As an experienced and jaded engineering student, my advice to everyone reading this is to head back to the library and hit those books, but if you're in engineering, just flip over the next page. You've already wasted enough precious studying time.

Campus-wide ban on smoking no solution



Nick Ong OPINION STAFF

Following the efforts of many other universities, the U of A is examining 40 years of different smoking bans on Canadian campuses. One article published recently cites reasons ranging from the credible, such as secondhand smoke, to the ridiculous, such as Dalhousie University's "allowing smoking on campus was inconsistent with the university's cancer research." However, the U of A has no reason to change any of its smoking policies.

There are many physical and social problems with enforcement of no smoking policies. Look at Dalhousie's attempt to use the ring road around its campus as a border within which people couldn't smoke, perhaps hoping that the wind doesn't blow inwards. Or the suggestion of giving pamphlets to first-year students on the slim chance it convinces them not to smoke in the first place.

It's no real surprise that Dalhousie is the only campus out of those studied in the aforementioned article that has achieved a non-smoking campus.

To the chagrin of anti-smoking campaigners across Alberta, we at the U of A aren't even going that far, currently using the bare legal minimum of anti-smoking laws. We don't need to change a thing. I'm not a smoker, but I don't see why so many are pushing for such excessive legislation in the first



SMOKE HERE Smokers have to keep warm when they're outside. HEATHER RICHARDS

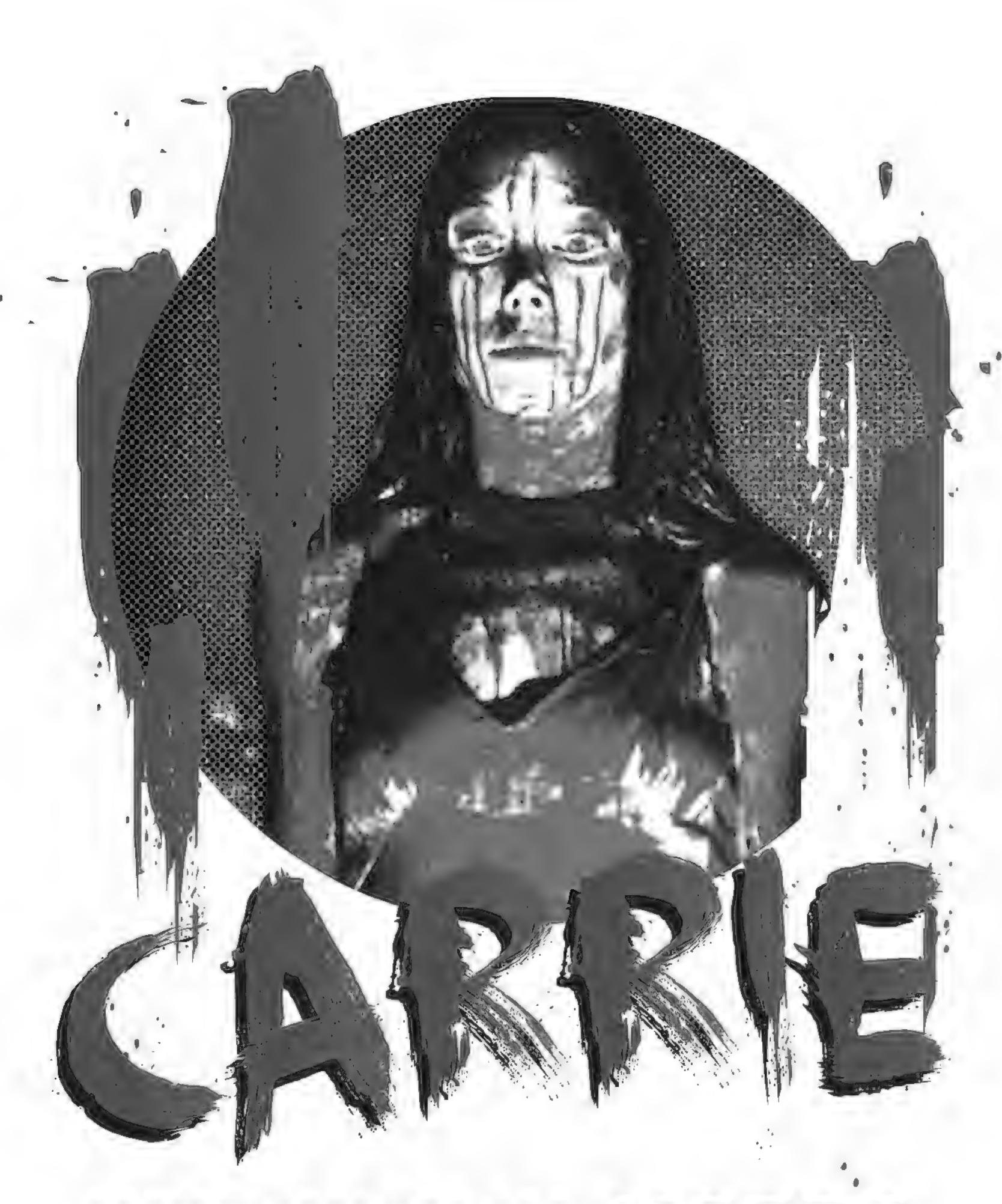
place. Yes, I share your dislike for secondhand smoke. If you want to destroy your lungs please don't do it right in my face. Forcing the rest of us non-smokers to breathe in toxic smoke that went inside your body is just you, the smoker, being an asshole.

But while I'm a fan of the indoor smoking bans, smoking outdoors is another issue. Although far from perfect, we already have in place an efficient system of keeping our precious non-smoking lungs clear of harmful toxic smoke. Our campus covers around 50 blocks. That's a lot of space for you to roam, puffing away, without getting your secondhand smoke in my face. Furthermore, we already have outdoor shelters so smokers can be warm enough to kill themselves slowly as opposed to freezing to death overnight: a problem that Lakehead University apparently encountered

during their anti-smoking campaign where smoking staff and students were forced to walk from the centre of campus to the ring road smoking border in order to enjoy a cigarette. The money spent on preventing smoking on campus wholesale can instead keep our smokers safe and regulated on campus this way.

Even then, hardcore anti-smokers will claim that passersby still get the occasional whiff of cigarette smoke outdoors. But ask yourself, will taking one whiff of carcinogens really matter? I see droves of people pay for the privilege of eating equally unhealthy things at SUB every day. Even after all the precautions the law has put into place, after all the fines and enforcement, there will still be the odd moment when you get a lungful of carcinogens that you didn't want. And there's nothing you can do about it.





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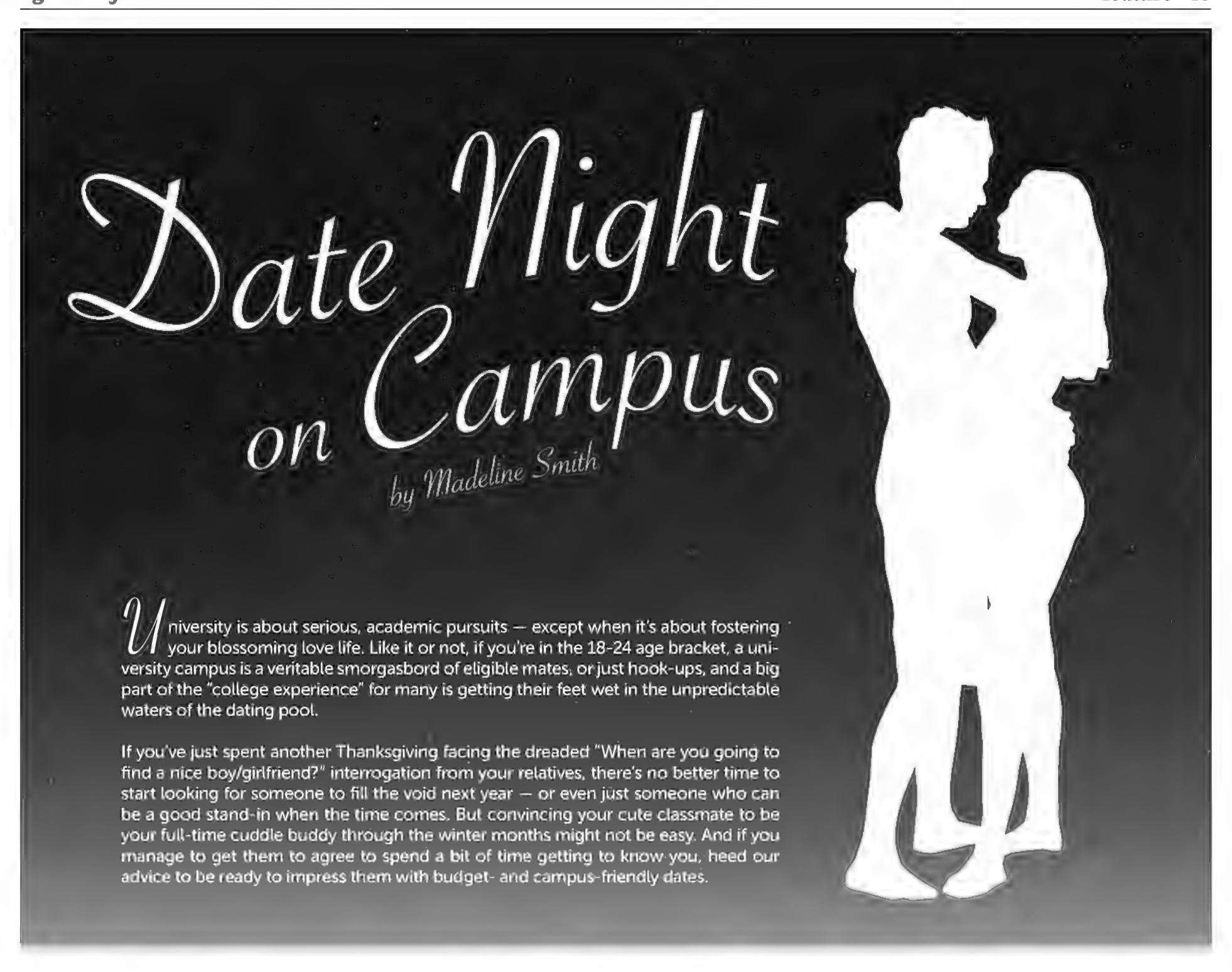
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The 109 Street Date Night Extravaganza

With a plethora of restaurants, cafés and entertainment options on 109 Street between 88 and 87 Avenue, there's no way to go wrong when you plan an evening out in this area. Not only does it offer great date options, but there are plenty of ways to expand or cut off the evening as you see fit. First, grab a bite to eat and a beer at the campus restaurant standby, the Sugar Bowl. If you make it through the one-on-one conversation without too many awkward moments, continue on to catch whatever's playing at Metro Cinema that evening. And if things are still going well, cap the night with a late visit to Remedy Café, since it's open until midnight. The possibilities for extending your time with your date are endless, but it's also easy to bail at a moment's notice if the chemistry isn't right. Just make your excuses about needing to catch a bus on campus or Whyte Avenue and make a run for it. On the other hand, if you snag a follow-up date, rent something at the Movie Studio to watch... at your place.

La Poutine (8720 109 St.)

Another 109 Street location, La Poutine is a quirkier food option for a night out. If your date can't appreciate the thoughtfulness involved in treating them to a plate of crispy fries covered in cheese curds and gravy, they simply don't deserve any more of your time. There may not be much space to sit down and eat here, but the food at this specialty restaurant makes for the greatest comfort meal around — there's even a vegan option.

Three Boars (8424 109 St.)

If you can manage to snag a spot at one of the most popular new eateries, you're sure to get into your date's good graces. Despite the tiny restaurant space, there's a giant beer, bourbon and scotch list to go along with a

constantly-changing menu focused on local ingredients. Even with its hipster inclinations, this place is seriously fancy, and a perfect outing for two.

Campus-area cafés: Leva (11053 86 Ave.), Good Earth (8623 112 St.) and Steeps (11116 82 Ave.)

The coffee date is an early romantic gettogether standby, but that doesn't mean it isn't a good option for testing the waters all those cafes in the U of A and surrounding area aren't just for studying. Leva, nestled in the Garneau neighbourhood, offers the perfect quiet atmosphere for long talks, and usually serves some pretty tasty food too. If you're trying for something even more intimate, share a pot of tea in the laidback ambiance of Steeps. And if you just don't want to walk that far, Good Earth Café is located centrally on campus, offering comfy couches and hot beverages to soften your date up.

Wunderbar (8120 101 St.)

If you're trying to woo someone with a taste for the eclectic, head over to Wunderbar any night of the week. The cover charge is cheap — usually around 10 bucks — and there's a different band there just about every evening. Better: don't look too deeply into what that night's act sounds like, and you've proven yourself a spontaneous music aficianado.

Garneau Pub (8514 109 St.)

This may sound like a risky choice, but if your idea of the perfect night out involves annihilating a giant pitcher of combat juice and belting out drunken jukebox tunes, you might as well not hide it. Your partner will find out soon enough anyway, and goodness knows you don't want them to come between you and your favourite dive bar. Play some

pool, buy a round of drinks and bring plenty of change for the jukebox — this can also be a great test for your hopeful beloved. If they've got poor jukebox selection, things just aren't going to work out.

RapidFire Improv (Friday and Saturday nights at the Citadel Theatre)

While it's perhaps not quite as convenient as the old Varscona Theatre location for the university crowd, RapidFire's new downtown digs are still easy to access by jumping on the LRT. There really is no way to break through the awkwardness of a first date than laughing through a gut-

busting improv session, and if the humour can't crack your date, maybe it's a sign to cut your losses.

Picnic/skating in Hawrelak Park (9930 Groat Road)

Just a short walk from campus, Hawrelak Park is a fantastic, scenic Edmonton location. During the summer or a warm day in the fall, its open, grassy areas are ideal for an evening barbeque or afternoon picnic coupled with a game of frisbee. Since it's probably a getting a little chilly for that now, wait until the lake freezes — there are ice skate rentals available so you can hold your partner's hand while you glide around. Plus, it's easy to walk there and back from the university, making for prime surreptitious snuggle opportunities to "keep warm."



Arts & Culture

Arts & Culture Editor

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Phone

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Emailarts@gateway.ualberta.ca

Volunteer

A&C meetings Wednesdays at 4 p.m. in 3-04 SUB.

social intercourse

COMPILED BY Kale Black

Kumaré

Directed by Vikram Gandhi Starring Vikram Gandhi, Purva Bedi and Kristen Calgaro Wednesday, Oct. 10 at 9:15 p.m. Garneau Theatre (8712 109 St.) Admission \$8

Conflicted by the varying messages of modernday prophets, New Jersey filmmaker Vikram Gandhi embarks on a social experiment to test the notion of blind faith. In a real-life Sacha Baron Cohen-esque style documentary, he takes on the identity of Kumaré, a phony enlightened guru from the East. Kumaré follows Gandhi as he attracts a following of devoted American disciples who have no clue that he's actually impersonating a foreign prophet. While the documentary looks like a rip-off of films like Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan and The Dictator at first glance, the character of Kumaré actually has a meaningful impact on his followers, providing a thought-provoking take on the West's constant search for faith and truth.

The Crackling

Sunday, Oct. 14 at 9 p.m. Wunderbar (8120 101 St.) Tickets at the door

Canadian music icon Dan Mangan has been gaining national notoriety at an astonishingly fast pace lately. But with Mangan often receiving the bulk of the media attention and fame, the crew who backs him up is usually left in the shadows — though not for long. Meet The Crackling, composed of members from Mangan's support band. The bearded Vancouverites are stepping out of their supporting role for their 2012 Western Canadian tour, ready to assert themselves as an act in their own right. Their sound is reminiscent of the Vancouver-folk vibe that first brought them touring acclaim, though they often diversify themselves by delving into a darker, heavier sound. Lead singer Kenton Lowen, who keeps time in Mangan's band as the drummer, sets The Crackling's tone with heavy, haunting vocals and often rouses the audience into chill-inducing sing-alongs. If the Crackling aren't on your radar yet, their live set at the Wunderbar is a great time to get acquainted with the talented group.

The Goonies

Written by Steven Spielberg and Chris Columbus Directed by Richard Donner Starring Sean Astin, Josh Brolin and Jeff Cohen Saturday, Oct. 13 at 2 p.m. Garneau Theatre (8712 109 St.) Admission \$8

If the weight of university life and midterms are getting you down, Metro Cinema is giving you the chance to escape back into the simpler days of your childhood — for an afternoon, anyway. The 1985 classic The Goonies is coming back to the big screen as part of the Reel Family Cinema series, reliving the timeless tale of adventure and friendship. The film follows a group of tweens who embark on a hunt for hidden pirate treasure in hopes of saving their foreclosed neighbourhood. Throughout their hunt, the Goonies must face a rival gang and dangerous terrain, while somehow defeating the perils of growing up along the way. This Steven Spielberg film is as classic to the '90s childhood as E.T. and Jurassic Park, so tuck away that textbook and treat yourself to an afternoon out.

Local favourites Christian Hansen survive career jump to Toronto

MUSIC PREVIEW

Christian Hansen

WITH Doug Hoyer

WHEN Thursday, Oct. 11 at 8 p.m.

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Darcy Ropchan

OPINION EDITOR - @DRROPCHA

Christian Hansen is returning to where it all began, though things have definitely changed for the man and his band since their Edmonton beginnings.

After relocating to Toronto, dropping "The Autistics" from their name and recruiting two new members, Hansen is the first to admit the band has seen a whirlwind of changes over the last two years. But as a U of A Bachelor of Fine Arts alumni, he says that returning to former stomping grounds in Edmonton like the U of A allows the band to take a nostalgic look back on where they used to be before all the upheaval.

"Something inside of me just changed. I hadn't really sat down and written stuff on guitar for years, and then I got the urge to just start playing guitar again. Growing up in my teenage years, I listened to a lot of rock and punk, so I think that stuff is coming home to roost right now. That's where that came from; it just kind of crept in there and the dance stuff just kind of crept out."

CHRISTIAN HANSEN

"The U of A is where Molly (Flood) and I met. That's where we really discovered who we were as people," Hansen reminisces. "Getting the drama and theatre training that teaches you to follow your impulses and not question yourself — that's definitely why The Autistics even happened.

"It holds a special spot in our hearts as the place where everything started."

Edmonton is where the band first gained widespread attention for their signature dance sound, though even that has changed now. C'Mon Arizona, Hansen's second full-length studio album since 2009's Power Leopard, sees Christian Hansen's signature synth-pop — a fixture on their first album — take a back seat in favour of more simplified, traditional rock. The change of sound wasn't a conscious decision according to Hansen, but rather a combination of life events and personal preferences.

"Something inside of me just changed," Hansen says of the band's different sound. "I hadn't really sat down and written stuff on guitar for years, and then I got the urge to just start playing guitar again."

"Growing up in my teenage years, I listened to a lot of rock and punk, so I think that stuff is coming home to roost right now. That's where that came from; it just kind of crept in there and the dance stuff just kind of crept out."

While their new sound is a departure from



their old work, *C'mon Arizona's* eclectic, often dark subject matter is true to the Christian Hansen style. Relationships, death, cults, drug addictions and miscarriages are just some of the topics explored on the new album — a handful of which are drawn from Hansen's own personal experiences and interests. But despite the sometimes grim lyrics, Hansen presents the difficult themes of his songs with upbeat tempos and danceable rhythms, giving the perfect amount of contrast.

"It's not a rule, but you want the lyrics to be really interesting. And for me, the most interesting lyrics usually deal with some kind of pain or conflict. But then if the whole song is dreary, it's kind of boring," Hansen explains. "This is kind of cheesy, but for every dark side, there's a light side. Each song for me is kind of like a snapshot — an encapsulation of life."

One of the biggest changes to affect Hansen is the recent move he made to Toronto with Molly Flood, his bandmate and wife. Although Christian Hansen is something of a household name in Edmonton, he admits building a name for his band in the considerably larger Toronto music scene has been a challenge.

"It's like night and day in terms of playing. But the difference is that we're building our fanbase (in Toronto) — we're still really, really new," Hansen says. "A couple of weekends ago, we played a show and there were 25 people there — which is fine. We knew things were going to be like that when we came down here, but it toughens you up a little bit. And we don't take anything for granted, but being in this position makes us realize how lucky we've been and how important supporting local music is no matter where you are."

But despite the difficulty of uprooting and moving across Canada while simultaneously trying to make a name for the band, Christian Hansen hasn't let it affect their live performances. Hansen maintains that the band's top priority is maintaining their name as high-energy performers — After all, the audience can't have fun unless the people onstage are fostering the right environment for it.

"That's something that we would always say in The Autistics. If we give 150 per cent, then hopefully the audience will be at 80 per cent," Hansen explains.

"We set the bar. We get onstage and say,
"This is what it's going to be. If you want to
come with us, that's awesome."



Antiviral delivers a disturbing glimpse at celebrity obsessions

FILM PREVIEW

Antiviral

WRITTEN BY > Brandon Cronenberg

DIRECTED BY > Brandon Cronenberg

STARRING > Caleb Landry Jones, Sarah

Gadon, Malcolm McDowell

WHEN In theatres Oct. 12

Ryan Stephens

ARTS & CULTURE STAFF = STEPHENSJRYAN

It doesn't take long to realize *Antiviral* is a film of horrific proportions. Focusing on viral infection and disease, it doesn't hold back on visualizing the nastiest of psychological and physical symptoms. That said, director Brandon Cronenberg believes if you look past the cringe-worthy blood, injections and rashes, you'll see a film that's more than just a simple horror story.

"It's kind of a romantic comedy," he argues. "I mean, it's a little one-sided, but still."

The romance he's referring to exists in the typical celebrity-obsessed fan. In Cronenberg's film, these fans seek the services of Syd March (Caleb Landry Jones), who ekes out a living as a technician for the Lucas Clinic, where his job is to extract the diseases that ravage celebrities and inject them into their adoring fans. The film depicts a society in which celebrity obsession has risen to shocking heights, sending clinics rushing to

capitalize on the new craze.

Antiviral's intruiging premise is rooted close to home for the first-time director, who came up with the idea for such a world while he himself was suffering from the flu.

"I was obsessing over the physicality of illness and that fact that I had something in my body that had come from somebody else's body," explains Cronenberg. "(It's) a weirdly intimate thing when you look at it that way.

"I thought that maybe a celebrityobsessed fan might want to get the disease from the object of their affection as a way of feeling physically connected to them."

Understanding that he couldn't hold back in his somewhat disturbing portrayal of the body as a simple commodity, Cronenberg made sure that the horror aspects of *Antiviral* took a back seat to the message he wanted to communicate.

"It wasn't really meant to be specifically a gross-out film. It's about a culture that fetishizes the body, so I think the film had to fetishize the body," he explains.

While this kind of obsession may seem fairly outrageous, the film argues that perhaps it's not so far off. In fact, while writing the script, Cronenberg noticed many factual, real-life instances that fit nicely into his obsessive fictional world.

where his job is to extract the diseases that ravage celebrities and inject them into their adoring fans. The film depicts a society in which celebrity obsession has risen to shocking heights, sending clinics rushing to "It's everywhere and it's so completely insane already," Cronenberg argues, recalling a news story he saw about Robert Pattinson's dog, which was endlessly harassed by paparazin. In the film, the Lucas Clinic also

offers dog owners the ability to inject their pets with the diseases of famous dogs.

"I was doing a lot of drawing from what is already there," he says.

Still, Cronenberg hesitates to put the onus of obsession solely on fans. To an extent, he feels celebrities themselves are complicit in their own commoditization, finding that more and more strive to make a career simply out of being famous than artistic merit.

"Fame has become so completely removed from any sense of accomplishment," he says. "(Fame is) no longer the byproduct — it's the thing itself."

With Antiviral garnering widespread attention for it's stark perception of celebrity fascination, the topic of fame appears to be resonating with filmgoers and superstars alike. Cronenberg has already shown his film at some of the most prestigious festivals in the world, and the irony of presenting such a provocative critique at arguably the two most star-studded film events of the year — Cannes and the Toronto International Film Festival — was certainly not lost on him.

"It was really surreal, and so much at the heart of celebrity culture. Showing a film like that and then walking outside to the carpet and a bunch of photographers was really weird," Cronenberg remembers. "But in a way, it's also kind of the ideal place to have that discussion.

"It was sort of ironic, but also weirdly appropriate."

fashion streeters

OMPILED AND PHOTOGRAPHED BY **Julianna Damer**



GATEWAY: > Describe what you're wearing.

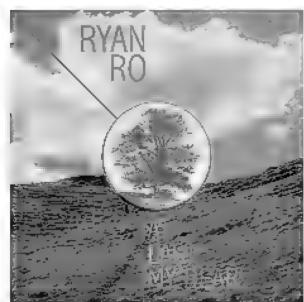
FADHEL: I got my jeans from Banana Republic and my jacket from Hugo Boss. My sweater is from Lacoste and my Keffiyeh is from the Middle East. It's kind of like a fusion of East and West.

GATEWAY: > What's your favourite thing you have on? FADHEL: > I think it's the scarf, I really like it a lot. It shows my pride and tells people that I'm Arab.



Check out the gateway on line.ca/fashion streeters for more photos.

ALBUM **REVIEW**



Ryan Ro At Last My Dear

Unsigned ryanromusic.com

Jessica Pigeau ARTS & CULTURE WRITER

In contrast to the plastic pop that rules todays airwaves, local artist Ryan Ro's At Last My Dear is clearly a modern tribute to the alternative rock tradition. It's truthful and emotionally raw in a way that's often hard to find, and brings a bit of good old rock and roll to the forefront with its judicious use of drums, bass

and electric guitar.

Covering a wide range of emotions from melancholic to cheerful to regretful, the album still has a strong sense of continuity. Whether the songs' rhythms are more excited and staccato or rough and low, there's always the same sense of emotional honesty on Ro's part.

This is music that comes from a real place, providing an intimate look into Ro's thought process while still managing to be fun and bouncy when it needs to be.

At Last My Dear is also an album without unnecessary filler. Despite many artists' all too common tendency to balance every good song in an album with two bland placeholders, this album allows each song to have its own signature feel and sound, demonstrating Ro's many musical strengths.

On the whole, At Last My Dear is a solid album that's demonstrative of the depth of local talent in Edmonton, and anyone looking for an honest take on music should give the album a listen.

Resident Evil 6 a solid addition to horror genre

GAME REVIEW

Resident Evil 6

PUBLISHER > Capcom
DEVELOPER > Capcom

PLATFORM PlayStation 3, Xbox 360 and Microsoft Windows

Ryan Bromsgrove

EDITOR-IN-CHIEF • @RYAWESOME

Remember the time you wanted a DeLoreon for your birthday but your parents got you a truck instead? That's what *Resident Evil 6* is like. For a series that's redefined horror games twice over in the past, the disappointment that there's a lack of cool new door-opening mechanisms comes too easily this time around. Still, you shouldn't let it distract from the reality that a truck will still get you where you need to go and is quite capable of doing it well. Because besides the games' refusal to innovate — and a story unafraid of confusing the player — Resident Evil 6 delivers a good 20 hours of varied monster-maining action.

The game also features the largest cast of playable characters in a single Resident Evil yet. Perennial fan-favourite Leon Kennedy fights through two zombie outbreaks, Chris Redfield embarks on missions with an anti-bioterrorism military force and new character Jake Muller is on the run from people who want his antibody-laden blood. Pairing up with Leon and Chris are the utterly forgettable Helena Harper and Piers Nivans, while Jake's campaign sees the welcome return of Sherry Birkin after her seeming abandonment following 1998's Resident Evil 2.

As in *Resident Evil 5*, the player takes on the role of one of the characters of each pair, with the option of either the computer or a human playing the other. When these stories intersect, the game attempts to link you and your partner with another person's game, which is neat because you could potentially get through every scenario with each playable character actually being controlled by a real human.

After making it through the three stories, a fourth is unlocked featuring a solo appearance by Ada Wong, who tends to drop by any game featuring Leon. While it's nice to see her again, it's been 14 years of real time since her introduction, and she's still as enigmatic as ever. Her "mysterious spy woman" schtick is a decade too old at this point. Regardless, Ada's scenario fills in the blanks as the player weaves through the paths of each of the character pairs.

While everything eventually makes as much sense as any Resident Evil story does, it's not without storytelling problems. Multiple fivechapter campaigns of around five to six hours work from the standpoint enabling effective cooperative play — you can sit down and play with a friend for an evening and put the game down without having to set aside an entire weekend. But as you're slogging through, you can tell you're only getting part of the story — this is especially apparent during those intersecting sections: characters do things that don't make sense until you get to their campaigns. As well, with a total of seven protagonists and two and a half antagonists — the half being a totally personality-less monster chasing Jake and Sherry their entire game — it's hard to care much



about anyone.

As far as the gameplay goes, it would've been nice had these many characters been better distinguished from each other when in combat. Unfortunately, they all essentially play the same person with only a few differences in weapon availability. You don't have to relearn the game every five hours, but besides a couple weapons, you end up with seven characters differing only cosmetically.

That aside, this is the first Resident Evil game with fully satisfying combat — though it's a shame it took Capcom so long to combine the now-common over-the-shoulderview they pioneered in Resident Evil 4 with the groundbreaking innovation of walking while aiming and shooting. And while this is a fantastic step, other developers have successfully taken that

bold risk several times over by now. Still, it fits well and shooting is now both fluid and augmented by viable melee attacks.

In a fan-pleasing move, zombies have shambled back into the Resident Evil world after a two-game absence. Capcom's provided a variety of zombie types to destroy this time around — from the basic walking corpse to lumbering corpulent blobs. These are the most common enemy of Leon's campaign, while Chris and Jake instead fight off the J'avo — humans infected with a strain of the virus that sometimes cause them to mutate violently upon what should be death. Some of the token "boss with a million forms" sequences drag on too long, but all in all, the gameplay itself is fun.

Resident Evil 6 also sees the

franchise straying further from its survival horror roots — the first half of the series focusing on making the player feel fragile and isolated with a slower, exploratory pace and individual enemies scarcer but more dangerous. *Resident Evil 6* is unapologetically action-focused in this regard.

But while the lament that the survival horror genre has morphed into a more action-oriented, visceral shooter horror genre is legitimate, it has no bearing on the decision of *Resident Evil 6* to consciously not be survival horror. Treating it on its merits as an action game, it doesn't exceed many standards, but it at least meets most of them. Like that reliable truck your parents got you, it may not impress the kids at school—but it's still a good truck.



"You can tell we're on *The Bachelor Canada* because the first thing we're talking about is hockey."

- BRAD SMITH, THE BACHELOR CANADA

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ARTS MEETINGS WEDNESDAYS AT 4PM IN 3-04 SUB



Big Rock Presents



STEFANO J

Skin smarts for the savvy student



Jill Kuzyk
BEAUTY COMMENTARY

Midterm season is upon us, and the last thing on most of our minds is squeaky-clean skin. It can be especially tempting to fall asleep without cleansing after long hours spent in the library, but I urge you to buck the grimy trend and scrub up for beautiful skin this fall.

The first and potentially most important step in your washing regime is determining what skin type you have. There are three major categories: dry/sensitive, oily/acne prone and normal/combination. If your skin often feels dry, tight or scaly and is prone to rashes, blotches, itchiness or eczema, you may fit into the dry/ sensitive category. If your skin is oily, prone to breakouts, whiteheads or blackheads and has trouble staying "mattified" during the day, you may have oily/acne prone skin. And last, but certainly not least, if you've got skin with no major issues, but the occasional dry spot or somewhat oily area — like your T-zone or cheeks then you may fall into the normal/ combination class.

Dry/sensitive skin:

For skin that craves moisture and lots of loving, consider using a non-foaming, creamy face wash in the morning and evening. If you can find one that's also soap-free — with a pH as close to 5.5 as possible — that's a bonus. Harsh detergents can further dry out parched skin and create rough, flaky patches. Try not to rinse your skin with overly hot water either, which will also contribute to the Sahara Desert effect. Sensitive skin requires gentle products without alpha-hydroxy acids or tough anti-bacterial

ingredients like triclosan. These ingredients can irritate skin and cause it to turn red, sting or break out in acne-riddled patches. Foaming products may not help you as much a nice, creamy lotion-like cleanser will.

When it comes to exfoliating and removing dead skin cells and dirt, keep the words 'gentle' and 'sparingly' in mind. Bypass coarse, grainy scrubs in favor of a warm washcloth or a soft, beaded exfoliator with a cream base. Sensitive faces are already dealing with irritation, so putting them through a literal wringer won't help matters. Removing dead, dry surface cells a couple times per week, however, will hopefully reveal hydrated, radiant skin. Similarly, lipid-loaded face masks can also rehydrate skin and get you glowing.

Oily/acne-prone:

If you feel like the province should be cutting you a cheque for personal oil production, you've come to the right place. When choosing a cleanser for your skin, always try to find products that are oil free, gel-based and less than creamy. Oily skin is generally producing an average or above average amount of sebum, which can lead to clogged pores or a greasy film on the skin's surface if left untreated. Foaming cleansers will help break down oil and keep pores free of bacteria and excess sebum. Blackheads and whiteheads occur when pores gets clogged with bacteria, so beat them with washes that include salicylic acid or benzoyl peroxide. Both ingredients are common in over-thecounter skincare.

If you feel like the newest mayor of "Zit City," it can also be tempting to take a seed or pit based scrub

— like an apricot scrub — and go to town on your acne and rough spots. Please don't do this, as it could inflame the skin further by creating microscopic lesions and take it from pink to fire engine red. Try to use an

oil-free "bead" exfoliant or soft face brush no more than once a day, since over-cleansing or scrubbing can strip natural oils, confusing your skin and causing it to produce even more oil. Moderation is the word.

Normal/combination:

Just for the record, normal skin doesn't always mean perfect skin. Unless you're a marble statue gracing the halls of the Metropolitan Museum, odds are you haven't gone your whole life without an off day in the dermis department. "Normal" as used here refers to skin that isn't overly oily or too dry, doesn't suffer from regular breakouts or scaly patches and can get away with using a wider variety of skincare products. Choose items that keep your skin in the happy zone and err on the side of gentler products until you figure out what works best for you.

If you're a combo kid, you may have been blessed with an oily Tzone — which includes the center of your face and entire forehead — or maybe you get dry patches around your nose, but nowhere else. Whatever you're working with, just know you have options. You might want to use a non-foaming gel cleanser to thoroughly wash with and an emollient scrub to restore moisture while also exfoliating. Or vice-versa. Adjust your routine until you find the combo that's perfect for your combo.

Keep in mind that your skin may fall into more than one category or not really fit into one of these three at all. Everyone's skin is different and can react to products completely differently than someone with the same skin type. Always visit a doctor if you've got serious skin concerns or are looking for an exact skin type diagnosis and treatment plan. Dermatologists are skin gods who will have you sitting pretty in hopefully less time than it takes to study for your next calculus exam.

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Politic Live Ellipsis

Urbnet Records politiclive.com

Ramneek Tung
ARTS & CULTURE STAFF

Combining elements from hip hop, soul, reggae, R&B and jazz, Politic Live's *Ellipsis* is a sprawling set of music. Originally intended for a 2009 release before going through a lengthy period of development hell, the album has ambition written all over it — though it's not without its occasional flaws.

Ellipsis can be a frustrating listen in that there are simply too many emcees on the album for it to work as a unified piece. While groups like the Wu-Tang Clan and Slaughterhouse have been able to pull off cohesiveness with multiple emcees before, the rappers on *Ellipsis* don't yet have the same lyrical dexterity as the rhyme slingers in those groups. This is evident during ill-conceived interpretations of 2Pac's "Me and My Girlfriend" and Ice-T's "I'm Your Pusher."

That being said, there's no denying Politic Live's heart and depth as they tackle a variety of issues on their

latest — from the immigrant experience on "Natty," incompetent parenting on "Letters" and the hypocrisy of modern day rap on the satirical "Irony & Clichés," a track representing hip hop in its purest form and featuring scratches from the always on-point Sonny Grimezz.

The album reaches its apex with the throwback jazz-rap of "NYE," featuring the buttery smooth production of Mr. Hi-Tower. It's reminiscent of early '90s Pete Rock, but is slightly marred by an unnecessary opening lyric about ejaculation.

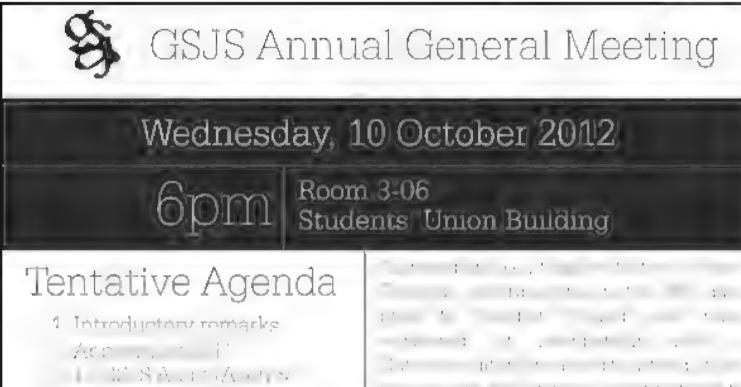
Flaws and questionable lyrical decisions aside, *Ellipsis* is a shining moment in Canadian hip hop. Politic Live creates their magnum opus in the form of an epic, risk-taking and mostly sample-free album. As it stands, it's probably the greatest contribution to the local hip hop scene in recent memory.



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For more information, please contact Gateway Business Manager Ashleigh Brown at biz@gateway.ualberta.ca or visit www.thegatewayonline.ca/gsjs

Scared to try food on campus?

Fret not! For this week's video Campus Bites, our food critics braved **The Jacket Potato Man** in HUB Mall. Check to see how their latest escapade panned out on **thegatewayonline.ca**

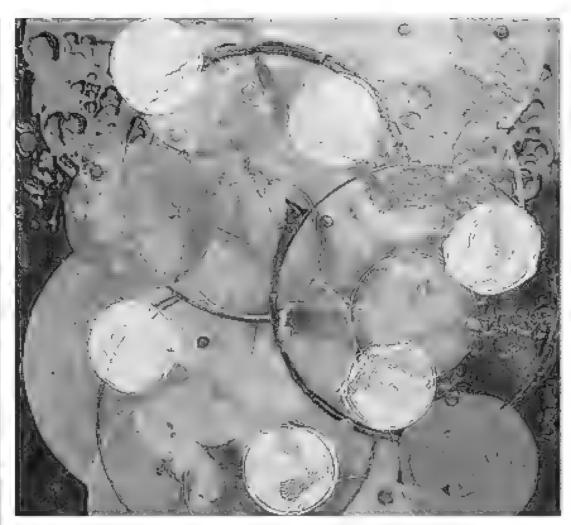


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PICTURE PERFECT Examples of artwork available for purchase at past Timeraisers.

Pledging time over money for worthy causes at Timeraiser

ART PREVIEW

Timeraiser

WHEN > Saturday, Oct. 13 at 7 p.m.
WHERE > TransAlta Arts Barns
(10330 84 Ave.)
HOW MUCH > \$20 at timeraiser.ca

Michelina Pagliuso

ARTS & CULTURE WRITER

In an event that brings art and volunteer opportunities together under one roof, Timeraiser offers Edmontonians the chance to donate time instead of money to a local charity or organization in exchange for some locally-produced artwork.

Mixing elements of an art show, volunteer showcase and an evening's entertainment to create a one-of-a-kind event, Timeraiser intends to get people more engaged with their communities. Founder Anil Patel and a group of friends came up with the idea for Timeraiser in 2002, attempting to address the problem of connecting the skill sets of young professionals with the needs of charity organizations. Amanda Grainger-Munday, Timeraiser's manager of communication and social media, says the event seeks to build

mutually beneficial relationships.

"Part of what we've certainly seen over the years that we've been building the Timeraiser program is that young professionals have skills to contribute, but they don't know where to start or where to find those meaningful volunteer opportunities," she says.

Timeraiser is arranged so participants can walk around and talk to different organizations about how they can get involved. During the silent auction that follows, participants can then bid up to 100 volunteer hours on any available art pieces. After completing their pledge within a 12-month period, the highest bidder receives their artwork.

The artwork on display is purchased largely from local, up-and-coming artists whose work will generate interest among bidders. According to Grainger-Munday, supporting these local artists is an important part of Timeraiser's mission.

"The key focus for us is promoting volunteerism and supporting local artists," she explains. "It's a dual focus in that we still consider it to be strong support of local, emerging artists and a great art show and inspiring people to get involved through the artwork."

She adds that another part of

Timeraiser's goal is to secure services from businesses who have a distinct social and environmental focus, sharing Timeraiser's interest in community betterment.

This year marks the fourth time Edmonton has hosted the event, and Grainger-Munday explains that Edmonton has been a natural choice to host Timeraisers over the years because of the city's community focus.

"(There's) really interesting initiatives that are going on for entrepreneurs and social causes (in Edmonton) ... It's a really vibrant community for it, and it's a nobrainer that Timeraiser fits with part of that."

Hoping the event will attract a wide range of people, Grainger-Munday explains that even if they're not interested in bidding on artwork, people can still bid volunteer time to organizations that interest them. The aim is to find those who want to do some good in their community — even if that means giving up some of their own time to make it happen.

"We really see the value in participants pledging their time and talents to causes that are important," says Grainger-Munday. "We think this is a really unique way to celebrate young professionals and the skills they have in a fun model."

brewsbrothers

WRITTEN BY Adrian Lahola-Chomiak and Ben Bourrie

Hazelnut Brown Nectar

Brewery: Rouge

Rouge Brewery is one of the most prolific in North America. Their huge lineup runs the gamut from hopelessly bad to outstanding, and this week, I tried their Hazelnut Brown Nectar to see where it falls on the scale.

This beer pours a dark brown color with a creamy one-finger beige head that shows good retention. It promisingly features a strong nutty aroma with some biscuit-like malt in the background. Right off the bat, everything about this beer seems to live up to its name.

Rouge's Hazelnut Brown Nectar also delivers on its promise flavour-wise. It has a sweet, malty base with big nutty flavours rounding out the whole package. Hazelnut is definitely present, but there are also some walnut and almond flavours in the background.

The nutty and malty flavour of this beer is well supported by its rich and heavy mouth feel. It coats your palate, making it feel very substantial and appropriate for the style.

This beer showcases the role that flavouring can play by using the hazelnut to round out the sweet malt. To those who like darker beers, this will be right up your alley. Solid and satisfying, I give it an 8/10.

Rye Saison

Brewery: Wild Rose and Cow Town Yeast Wranglers

Wild Rose is one of the most consistently satisfying breweries in Alberta, and for their 16th anniversary, they released yet another solid brew in the form of Rye Saison.

The beer pours a pale golden colour with a frothy one-finger head that shows decent retention. It's surprisingly clear given the style, but it doesn't detract anything from the beer.

Up front on the nose is an estery yeast scent, complemented by some spice from both the yeast and rye. There's also some light, sweet malt in the background that adds a subtle but necessary touch.

The taste is true to the smell of the beer, and to make sure you know it is in fact a Saison beer, there are also some hay elements to the flavour, rounding this beer out nicely. The mouth feel is appropriately light but still manages to carry the flavours.

Leaving nothing to be desired, Rye Saison is a great beer that earns itself an 8/10. I have yet to be disappointed by a beer from Wild Rose brewery, and they always do an impressive job of putting forward beers that are true to style and have the unmistakable Wild Rose quality to them.

Smorts

Sports EditorAndrew Jeffrey

Phone 780.492.6652

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Volunteer

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U of A Upcoming Schedule





Golden Bears Hockey



Friday, Oct. 12 vs. Mount Royal 7 p.m.

Saturday, Oct. 13 @ Mount Royal 7 p.m.

Pandas Hockey



Friday, Oct. 12 @ Mount Royal 7 p.m.

Saturday, Oct. 13 @ Mount Royal 2:30 p.m.

Golden Bears Soccer



Saturday, Oct. 13 vs. UBC 2 p.m.



Sunday, Oct. 14 vs. Trinity Western 2 p.m.

Pandas Soccer



Saturday, Oct. 13 @ Saskatchewan 12 p.m.



Sunday, Oct. 14 @ Regina

Golden Bears Football



Friday, Oct. 12 vs. Calgary 7 p.m.

Pandas Rugby



Friday, Oct. 12 @ Calgary 4 p.m.



Sunday Oct. 14 @ Lethbridge 1 p.m.

Soccer Bears face other CanWest leaders

SOCCER PREVIEW

Bears vs. Thunderbirds, Spartans

Saturday and Sunday, Oct. 13-14, 2 p.m.
Foote Field

Andrew Jeffrey

SPORTS EDITOR • @ANDREW_JEFFREY

It was only a couple of weeks ago that the Golden Bears soccer squad was undefeated and ranked first in CIS men's soccer nationally.

Despite falling out of that spot, the Bears remain one of the top teams in Canada with a fourth-place national ranking — but they'll face a tough weekend playing against fellow top 10 teams UBC and Trinity Western.

The second-ranked UBC Thunderbirds will pose a particularly tough challenge. The T-Birds climbed the rankings throughout the season since they started in the first week tied for 10th, thanks to a perfect record of 8-0-0.

The U of A just finished a weekend series against their top competition in the Prairie Division of the Canada West conference, the University of Saskatchewan, but their upcoming opponents in UBC and the also undefeated fifth-ranked Trinity Western University Spartans pose even greater competition that will test the Bears' ability to compete for a conference championship this season.

"They're going to be well-organized like Saskatchewan was," Golden Bears soccer head coach Len Vickery said about UBC and TWU. "They're going to have some players that have been around Canada West a few more years — Saskatchewan



TIANBO LIU

is a relatively younger group. The challenge for us, regardless, is to improve in small areas and come out strong next week."

A win and a draw against the U of S Huskies last weekend gave the U of A, a 6-1-2 record that gave them sole possession of top spot in the conference rather than a tie with the now 5-2-2 Huskies.

Maintaining that lead for the remainder of the season will be important for the Bears to put themselves in the best possible position

for playoffs.

In the games against Saskatchewan and in the season as a whole, Vickery is pleased with his team's performance. However, to compete with the other top teams in the country and to be successful in the upcoming playoffs, he's aware that the Bears will need to improve.

"We've had solid performances without being spectacular," Vickery said. "We've had workmanlike performances without being creative and powerful in terms of finishing.

We've had good where we need excellence."

UBC and TWU are first and second, respectively, in the CanWest's Pacific Division, posing a tough challenge for the Bears. But Vickery is familiar with the spot that UBC is in as they climb the CIS rankings and edge closer to first place.

"If UBC are top in the country, now the tables have turned," Vickery said. "People targeted us when we were in a privileged position, now we have to go and reclaim it."

Bears to have first regular season game with CIS cubs

HOCKEY PREVIEW

Bears vs. Cougars

Friday and Saturday, Oct. 12-13 at 7 p.m.
Clare Drake Arena,

Cameron Lewis

SPORTS WRITER

The University of Alberta Golden Bears and the Mount Royal University Cougars enter their upcoming home-and-home series on October 12th on opposite sides of the CIS spectrum: both in historical and modern context.

The Golden Bears have won a record 13 national CIS Championships and 49 Canada West Championships, and they boast an all-time record of 1793-840-138 in their 100 years of league participation. The Cougars, on the other hand, are just embarking on their inaugural season of CIS hockey. So far this season, the Bears sit tied for first place in the Canada West standings with a 2-0 record, while the Cougars are off to an 0-2 start with back-to-back losses at the hands of the University of Saskatchewan Huskies.

"We played two close games with U of S last weekend, and from the

outcomes it is very clear that we can compete." Cougars head coach Jean LaForest said. "Our current expectations are that we compete and prepare ourselves to the best of our abilities in order to offset the talent depth differential we have with the top programs in our conference."

This home-and-home series will mark the first time these two schools will square off in regular season CIS action. Although this matchup may seem like David vs Goliath on paper, that was not the case in the preseason when these two teams faced each other on September 22. The Cougars gave the Bears one of their stiffest challenges of the preseason, as the U of A barely edged out a 5-4 overtime win over the Cougars. Bears veteran forward Sean Ringrose was the hero in that game as he notched the overtime winner past Cougars goalie Justin Cote.

"We have to play a complete defensive game." LaForest stated, reflecting on his team's gutsy loss to the Bears last month. "We would like to see an improved defensive series against the U of A."

The Bears rolled through the preseason unscathed with an 8-0 record and victories over the University of Calgary, Augustana, SAIT and Saskatchewan. But the Cougars suffered

some growing pains, going 2-2 with one-goal victories over Calgary and Lethbridge.

Despite some bumps in the road, Mount Royal coach Jean LaForest was pleased with the effort shown by his team in the preseason.

- We played two close games with the U of S last weekend, and from the outcomes it is very clear that we can compete. Our current expectations are that we compete and prepare ourselves to the best of our abilities in order to offset the talent depth differential we have with the top programs in our conference.

JEAN LAFOREST MOUNT ROYAL COUGARS HOCKEY COACH

"I think our players are responding well to our CIS transition," LaForest said. "We played .500 hockey in the preseason and were able to see some very positive things both from individual players and our overall team play."

Golden Bears head coach Ian Herbers was also encouraged by his team's effort last week, beating the defending Canada West conference regular season champion Manitoba Bisons by scores of 4-2 and 7-2.

"I thought our guys came out with a lot of jump, a lot of energy and executed fantastically," Herbers said. "They did everything that was asked of them and that's the way we need to approach every weekend: with that kind of attitude, and then try to carry it through six periods. I thought it was a great team effort and there were a lot of great things accomplished."

Coach Herbers plans to only make a few small tweaks to the lineup this weekend due to strong play from all four lines. Goalies Kurtis Mucha and Real Cyr both played strong games, and will continue to split starting duties this weekend. But Herbers was impressed with his team's performance overall, and is hopeful for their continuing growth.

"We've got guys pushing hard and working hard to get into the lineup, which is making everyone better and making the team better," he said.



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The make?



Johnstone not feeling any pressure

BEARS PROFILE

Andrew Jeffrey

SPORTS EDITOR • @ANDREW_JEFFREY

This past weekend was an important one for Golden Bears striker Marcus Johnstone. In Winnipeg, his club team Edmonton Scottish competed in the finals for the Challenge Trophy championship, meanwhile at home his U of A team defeated their Prairie Division rivals from the University of Saskatchewan 2-0, ending the deadlock between the two schools for the division's top spot.

While it's difficult for Johnstone not to be with his club team during this championship tournament, he recognizes the need to put his school team first, where he's the Bears' top scorer.

"I would love to be with that team right now, but this is my first commitment and along with school this is almost like my job," Johnstone said. "When you're getting scholarship money, this is the team you have to be committed to first."

The success of both his teams is indicative of the type of season Johnstone has had himself. The third-year player is tied for second in goals in the Canada West conference and third in points. Nine games into the season, Johnstone has already totaled more points than he did in 2011. He's also rising

the Bears' all-time scoring list, with a total of 20 now, putting him fifth in team history.

But despite putting extra work into his physical fitness during the summer, this can't explain the upswing in his production.

"I think it just comes from being fortunate," Johnstone said.

"When you're working hard, things work out for you. Last year, some people might have said that I had a more low key season goalwise, but in regards to the team and effectiveness on the field I don't think anything changed. That particular year things just didn't work out for me."

But the pressure on Johnstone to produce points is nothing new for him. Despite only entering his third season with the Bears, Johnstone is also used to being looked to for advice from younger players.

Johnstone has experience playing for national amateur teams as well as playing for the Vancouver Whitecaps' residency program associated with the B.C.-based MLS team.

"Even just being older from my first year I thought that I was already bringing experiences that some of my teammates have not had in the game. I haven't been anywhere so spectacular but I've had a few more exposures than they have," Johnstone said.

"Starting with national teams,

getting those kind of exposures, that brought something that no one else has experienced within this team. Now we have more players who go and play with FC Edmonton and I've played with the Whitecap residency program. But just that day in and day out playing every single day, everyone's serious, everyone's driving to be a professional — I think that kind of changes your mindset."

This mindset and mental toughness is what Johnstone tries to pass on to his teammates from his time in the Whitecaps' residency program and from his club and and national team experience as the most important aspect of any player.

Despite the club teams generally having higher quality players, the CIS teams are usually fitter through training every day and more enthusiastically represent their schools. According to Johnstone, this all comes from a commitment through mental toughness.

"Mental toughness in the game can go miles," Johnstone said.

"Everyone who plays the game has the change to be physically fit — you can go run or lift weights. But to be mentally tough is something you really have to work on and when teams go far and make championships, generally the underlining factor is that they're mentally tough in those kinds of situations."

player spodlight



Forward
Eligibility Year: 3
5'11,
Edmonton, AB

Marcus Johnstone

 Named CIS and Canada West Rookie of the Year in 2010-11

• Canada West First Team All-Star in 2010-11

 Led Canada West in rookie scoring with 11 points in 2010-11

• Won the U-18 club national championship, named a U-16 national all-star

Season	Team	League	GP	Goals	GPG	Assist	APG	Points	PPG	GWG	Shots	SOG
2010/11	Alberta Golden Bears	CIS	14	8	0.57	3	0.21	11	0.79	2	39	23
2011/12	Alberta Golden Bears	CIS	12	5	0.42	3	0.25	8	0.67	1	37	20
2012/13	Alberta Golden Bears	CIS	9	7	0.78	4	0.44	11	1.22	9	36	20



Former NCAA soccer player thrives after CIS transfer



SOCCER PROFILE

Andrew Jeffrey

SPORTS EDITOR • @ANDREW_JEFFREY

Many young soccer players are drawn to American universities for a spot in the NCAA, but while this is the path Pandas player Kate Wilkinson chose initially, she soon changed her mind.

The Calgary-born soccer player spent time at Coastal Carolina University where she was named to the 2011-12 All-Freshman team, and was a second team All-Conference player in the same season.

But after that season, she transferred back to a Canadian school, choosing to come to the U of A.

"For me the big thing was academics. It wasn't what I wanted in NCAA so I was looking around, and I looked up universities in Canada for soccer, and that's when the Pandas were at the top of their game," Wilkinson said.

"So I contacted Liz (Jepsen, Pandas head coach), got to know her and came down for a visit. I really enjoyed the team, loved the school—so that was pretty much it."

When she first finished high school, Wilkinson considered staying in Canada, looking at schools like the University of Victoria.

But fitting in with the general idea many Canadian soccer players have, she thought the best thing to do would be to take a scholarship at an NCAA school.

"At that time it seemed like the

thing to do for girls: to get a scholarship and do that whole ordeal, so that was what my main focus was," she said.

"It was a really good experience, I definitely wouldn't change it because it matured me in a way, but the academics were easier and I had the feeling that I'd have to upgrade if I wanted to work in Alberta, which was what I wanted to do."

The Pandas' recent success, finishing with a record of 10-2-2 two seasons ago and 9-4-1 last season, as well as the U of A's reputation as a top science school, were attractive to Wilkinson.

Unfortunately, due to CIS rules, she had to wait one year before playing with the Pandas starting this season. Coincidentally, this delay came at just the right time, as she was already recovering from an injury.

"Last year I blew my knee, tore everything. I had to get knee surgery, so it was actually the perfect time to be forced to take a year off," Wilkinson said. "But it was definitely a struggle coming back. I'm still faced with not being used to the game because I've been out for so long."

While getting used to the CIS style of play hasn't been a problem for Wilkinson, competing against many players she's familiar with from club play, she's struggled in her attempts to return to top form after the knee surgery.

"Coming back from the injury it was the pace of the game, getting

your confidence back and trying to remember how you used to play. I think that's the biggest struggle," Wilkinson said. "Then because the team is so good, it's always a competition to try and get a starting position.

"You always have to play your best to be on the field, and that's been a big struggle to be consistent with the play."

Besides the competition on the team itself, Wilkinson also sees a difference in the competition within the Canada West conference in a lack of parity compared to NCAA.

"I think with the CIS, there's a big gap between the strong competitive teams and the weaker teams, while I found in the states, we were all equally competitive," Wilkinson said.

"Each team would be a struggle, while here we have our easy games where we win 6-0, and then we have our hard games where we win 1-0 or we lose."

Despite there being less parity in CIS soccer, it's the Pandas' status as a top contender that brought Wilkinson to Alberta in the first place.

The team has come through this season meeting those expectations as the only undefeated Can-West team left after beating Trinity Western last weekend. And with the team's success and a more fulfilling academic side to her university stay, Wilkinson is confident she made the right decision in leaving NCAA for CIS.

Young Bears look for better results in second meeting with Dinos

FOOTBALL PREVIEW

Bears vs. Dinos

Friday, Oct. 12 at 7 p.m. Foote Field

Andrew Jeffrey

SPORTS EDITOR • @ANDREW_JEFFREY

While they may have had the weekend off with the rest of the Canada West conference to recuperate after a disheartening loss to UBC, the remaining season for the U of A football team won't provide any breaks.

The still winless Golden Bears at a record of 0-5 have three games remaining this season, each one against schools that beat them earlier in the year.

While Bears head coach Jeff Stead has seen improvement in his team's offensive line and starting quarter-back Curtis Dell, the team is coming off of a loss against UBC that was, according to Stead, the team's worst game of the season — even compared to the team's 65-6 loss to the University of Calgary

University of Calgary.

"Against Calgary, our defensive front played exceptional for the first quarter and a bit, almost the first half," Stead said.

"Then you look at the UBC game where we gave up over 150 yards in the first quarter. Even against Calgary offensively, we had a little success throwing the ball. Early in the game against UBC, we had two big dropped balls that really hurt."

The Bears hope to come out of the bye week with a healthier team after the U of A has already being plagued with injuries to key players — linebacker Tyler Greenslade, defensive back Brennan Van Nistelrooy and slotback Dillon Prince have been sidelined over the course of the year.

Stead also used the team's bye week to help his players understand



FILE PHOTO DANIELLE JENSON

what it means to be a CIS player, stressing that they're representing their university.

Stead had the players read to elementary school classes and practice with an Edmonton peewee football.

The bye week also gave the team a chance to take a break from football and take in the lessons that Stead tried to stress to them.

"The first thing is just understanding how you've got to compete every day. That's not just on game day — you've got to compete on everything you do in life," Stead said.

"We spent a lot of time this week

doing a lot of community work as well. Guys took some time with their academics and had a few days off just to get healthy and rested so they're ready to go for the last three games of the season."

The U of A needs to continue to compete when they play Calgary on Friday night.

While the teams are on opposite sides of the standings, the game will still be important for the Bears from a recruiting perspective, with a number of young players watching closely while trying to decide which school they'll to go to.

"If you look at our roster we've got a lot of Calgary kids, and if you look at their roster they've got a couple Edmonton-area kids," Stead said.

"You've got to always give kids hope, and that's what we're looking for this weekend to show that maybe not this year, but in years to come, when you look at our young guys and how they're going to mature, and how old Calgary is, this team is going to be where Calgary is right now in a couple years."

Stead isn't interested in using the team's lack of experience as an excuse for losing five games into

the season, but acknowledges the Bears' youth and sees it as a positive sign for Alberta's future.

"When I look at the future of team, there's no younger team than us in the Canada West," Stead said.

"The development of these kids is going to be instrumental, and what we do with them this offseason is going to be huge. I'm going to go out and find some key cogs to come in and help out at certain positions, but with the youth in the next three years in that core group of guys, there's no reason they can't win."



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Cousineau finds success in rugby after field hockey loss

RUGBY PROFILE

Atta Almasi SPORTS STAFF

It's no easy feat for any athlete to achieve success after switching sports, but Pandas fourth-year rugby centre Jennifer Cousineau proved that she could do just that in her team's opening weekend.

The former field hockey player's two tries helped lift Alberta to a 58-3 win over the UBC Thunderbirds and to the top of the standings in Canada West conference play.

"It was exciting to score the first couple of tries in the first weekend playing for the Pandas. It was really fitting," Cousineau said.

Cousineau, who started playing rugby in Grade 10, switched over to the sport after her former team, the U of A's Pandas field hockey squad, was cut by the athletic department earlier this year.

"After field hockey was cut, I knew I still wanted to be part of a team within the university," Cousineau said. "I just knew that I played rugby in the summers as I was still in university playing field hockey. I would go home, play rugby. So I thought I'd give it a try and see if I could play on a different varsity team."

So far, Cousineau is enjoying her time on the U of A's rugby team as she gets to know her new teammates.

"It's been awesome," Cousineau said. "They've been really friendly and really easy to get to know, so it's been a good fit. They've made it really easy."

Cousineau started playing field hockey in Grade 4 when a community league was started in her hometown of Coquitlam, B.C. She's spent three years playing with the Pandas field hockey team before having to join rugby after her former team was cut in March of this year.

"It was really, really upsetting," Cousineau says of her reaction when field hockey was cut.

"I, within the meeting, instantly started crying because I kind of figured out what was happening and put it all together and realized that they're taking our team away from us.

"It was really upsetting just to know that everything you worked so hard for over the past couple of years, and even that year we made it to nationals, and it was just gone," she continued. "I felt that they weren't really putting any of our

hard work into their consideration when they cut our team. So, it was very, very upsetting and it was really hard to process for the first couple of days."

Cousineau said it still hurts when she sees other teams continuing to play field hockey even though she can't.

"We're not playing in CIS this year and they're still playing, so it's really hard seeing that they're playing right now," Cousineau said. "Each team has games on the weekends. But for us, right now, there's no varsity team. We're trying to play club and indoor field hockey, but still, it's been a struggle."

Opting not to transfer due to her love of the university, plus the fact that she was already in the final years of her degree, Cousineau instead looked for another opportunity to be involved in varsity sports at the U of

Next year, Cousineau hopes to graduate with a degree in Physical Education.

"I'm planning on going into either teaching or nursing once I'm done ... And then probably go travelling, play club sports, field hockey and rugby if I can, and go from there."

Bears renew rivalry with Lethbridge

RUGBY PREVIEW

Pandas vs. Dinos, **Pronghorns**

Friday and Sunday, Oct. 12 and 14 at 4 and 1 p.m.

University of Calgary and University of Lethbridge

Atta Almasi

SPORTS STAFF

When asked who the major rival for the University of Alberta is in athletics, most students and athletes — if not all — will mention the University of Calgary Dinos.

But for Pandas rugby, their main rival over the years has been a different Alberta team: the University of Lethbridge Pronghorns, a group that's defeated the Pandas in the Canada West rugby conference championships for the past seven years.

"The main reason Lethbridge is our main rival is because Calgary

didn't get their program going until four years ago," Pandas long time head coach Matt Parrish said.

"Our program started a year ahead of Lethbridge, so for the first few years they were playing catch-up. But they've really come on, winning the past seven league titles."

That may be changing, according to Parrish, as the Pronghorns' claim to the CanWest title may be in jeopardy for the first time in nearly a decade. Earlier this season, the other Alberta team in the conference, the University of Calgary Dinos, proved that the Horns were not invincible.

Two weekends ago, the Dinos handed Lethbridge a surprising early season loss by a score of 31-18, a slide Parrish contributes to the rebuilding process going on in the southern part of the province.

"They've lost four of their top players who were All-Canadians last year," Parrish said of the Horns newfound vulnerability.

Although the Dinos may be vying to take away the Horns' spot as the U of A's top rivial in the CanWest this year, games against Lethbridge are still pretty special occasions, according to the Pandas coach.

"The rivalry with Lethbridge is a pretty big deal," Parrish said.

"Every time we play, it's a tight game."

Both team's coaches are also very familiar with one another, adding another dimension to the team's games as Parrish and his counterpart behind the Pronghorns' bench have a better idea of what to expect from one another than against other CanWest competition.

"Both myself and (Pronghorns coach) Neil Langevin have worked together in the past, so we're pretty familiar with each other's game and playing styles," Parrish said.

The Pandas will travel to both Calgary and Lethbridge this weekend to take on their Alberta rivals, where they'll attempt not to fall into the same surprising defeat against Calgary as the Pronghorns did, and attain a victory over their rivals in Lethbridge.

place this past weekend for the first time to decide which prairie schools would go to the 2013 Golf Canada University/College championship.

Both the men's and women's sides of the U of A's golf program were up to the challenge and qualified for nationals. The Pandas finished in first place shooting a weekend best total of 478, nearly 20 strokes ahead of the second place University of Calgary Dinos who shot a 495.

Meanwhile, the Golden Bears entered the championships with two tournament victories already under their belts this season. But they finished third in a close matchup that saw them only three strokes out of first place, captured by the University of Manitoba Bisons and one stroke behind the second-place Mount Royal University Cougars.

The Bears and Pandas will now prepare for the University of Victoria shoot-out on Oct. 20, their last event of 2012.

sports shorts

COMPILED BY Andrew Jeffrey

Soccer Pandas remain undefeated

The U of A's Pandas soccer squad entered last weekend undefeated and emerged just the same way.

The Pandas faced the two top teams in the Canada West conference which resulted in a o-o draw with the second place UBC Thunderbirds and a 2-0 shutout win over the formerly undefeated and defending conference champion Trinity Western University Spartans.

The win over the Spartans was especially impressive as it ended a 21-game unbeaten streak for the Spartans and came after the Spartans had outscored opponents 19-0 in their previous five games.

The Pandas were backstopped with strong performances from third-year goalkeeper Keltie Biggs, who has totaled five shutouts this season and was named the CanWest

female athlete of the week.

The Pandas are now the only undefeated women's soccer team left in the Canada West conference. But they still sit in fifth place in the standings. Their record of 5-0-3 has yet to clinch them a playoff spot due to the strong starts by B.C. schools at UBC, UVic, UFV and TWU.

But since the top eight teams will qualify for playoffs in the CanWest conference, if the undefeated Pandascan keep up this level of play they could be a threat in the postseason.

The Pandas were rewarded for this undefeated distinction however with a rise in the national rankings. The team went from eighth place in the CIS national rankings to fourth as of Tuesday when the official weekly rankings are released.

U of A golf teams qualify for nationals

The Prairie Championships took

Extra wild card team to MLB playoffs cheapens season



Atta Almasi SPORTS COMMENTARY

When Major League Baseball announced its decision to add two extra wild card teams to its baseball format, warning bells were sounded by baseball purists everywhere.

Having already put up with among other things — the designated hitter in the American League, regular season inter-league play, instant replays on home runs and the original wild card teams introduced in 1995 in the first place, these fans now had to cope with another drastic change to their beloved pastime.

But for fans of teams like the Pittsburgh Pirates, Kansas City Royals, Baltimore Orioles and Toronto Blue Jays, the prospect of finally seeing their team play October baseball for the first time this century was far greater than it had been under the old system. With the Orioles clinching the second wild card spot this season, it seems that MLB's initiative has been somewhat successful in its goal of opening the doors of postseason glory to its October ex-

Even though the MLB should be applauded for expanding the number of teams in the postseason, the one-game winner-take-all format that the two wild card teams from each league play against each other is an idea that, unfortunately, needs



GARBAGE CALLS Fans threw trash on the field in anger over a blown infield fly call that cost Atlanta their wild card playoff game SUPPLIED

to be revised. This is especially true after the way the first of the two wild card games between the Atlanta Braves and St. Louis Cardinals panned out.

The retiring Braves third baseman

Chipper Jones couldn't have known how prophetic his words were when, after a game against division rival Philadelphia a couple of weeks ago, he told reporters that the idea of a one-game playoff was "stupid

to be honest with you ... Anything can happen in one game — a blown call by an umpire, a bad day at the office."

With the infield-outfield fly rule fiasco late in the game arguably

preventing the home team from catching up to the Cards and ultimately resulting in angry fans littering the field with debris, one has to wonder if Jones' suggestion that the two wild card teams playing a best two-out-of-three series would be a better way to do the wild card round of the playoffs.

Baseball's problem is that its regular season is just too damn long. The 162-game schedule each team plays means, almost by default, that the teams advancing to the post season and competing for the league championship must be limited drastically so as to not diminish the value of the 162 games, which is fair. Adding an extra wild card team to have more teams in the mix and push them to compete until the very last pitch of the season is also a great idea.

But adding a one-game playoff between a team like the Braves. who finished six games ahead of their opponents, greatly devalues the regular season body of work for a team like Atlanta — especially in a sport where one single game is so insignificant. That a 94-68 record is rendered somewhat meaningless because of one bad game or one bad call, as Chipper says, defeats the purpose of the Major League Baseball playoffs and the reason there are only 10 teams — as opposed to the 12 or 16 in other leagues — that make it to October.

The major leagues should ensure that the league pennant winners, and the World Series champion, deserve their postseason titles based on their regular season toils.

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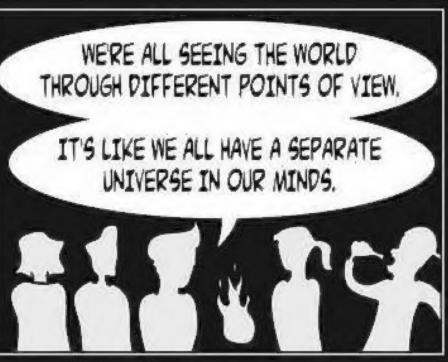






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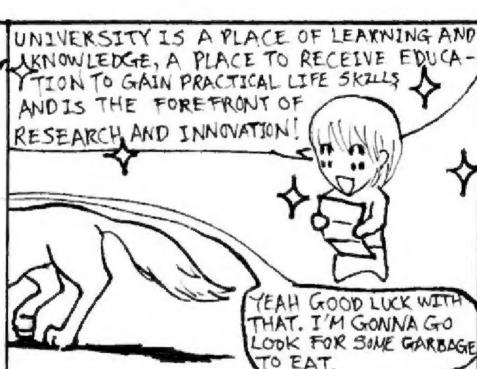




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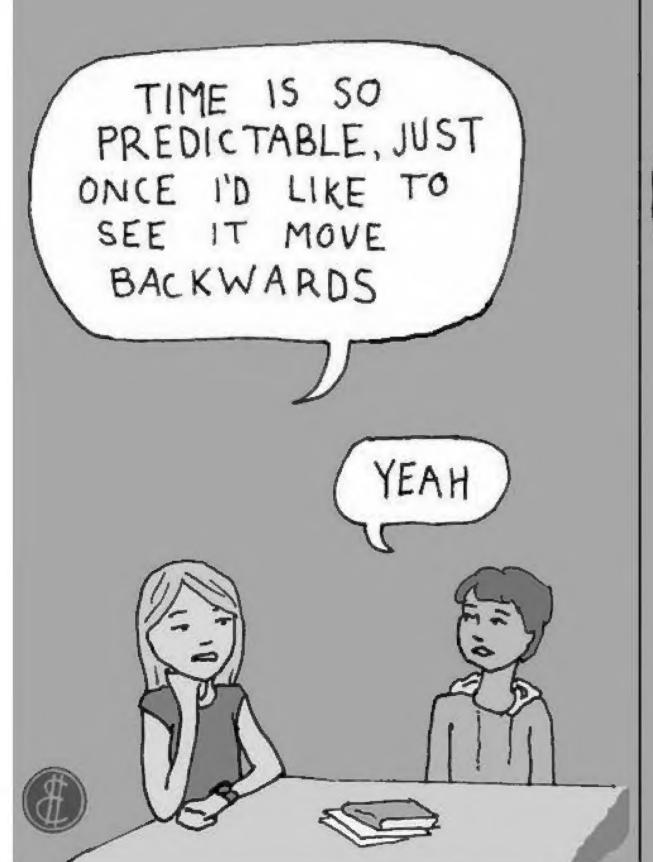








FOLLOW @ EMILIEST by Emilie St. Hilaire





I AM NOT A LUNGFISH by Jessica Pigeau



Crossword

Puzzle provided by BestCrosswords.com Used with permission.

Across

1. Accumulate

6. Blind as ____

10. Dirty Harry's org.

14. Smooth transition

15. Lecherous look

16. "...countrymen, lend me your ___ "

17. Common person of ancient Rome

18. Ethereal: Prefix

19. Civil disturbance

20. Swagger

21. Norm

23. Aussie hopper

25. Thrice, in prescriptions

26. Swedish auto

29. Thick cord

32. Bridge positions

37. FedEx rival

38. Insult

39. Capital of Zimbabwe

40. Hallucinatory

43. Land, as a fish

44. Ages and ages

45. Aardvark morsel

46. John of "The Addams Family"

47. Diary of ___ Housewife

48. Black cuckoos

49. "As if!"

51. Family card game

53. Carved female figure used as a

column

58. Regular course

62. Celebrity

63. Norse god of thunder

64. Author Calvino

65. Not much

66. Mandlikova of tennis

67. Glossy fabric

68. London district 69. Bouillabaisse, e.g.

70. First name in cosmetics

Down

1. Cairo cobras

2. Dissolve

3. Antiquing agent

4. District adjacent to a city

5. Handle

6. Exclamation to express sorrow

7. Sugar source

8. Add fizz

9. Triple

10. Antitoxins

11. Free from bias

12. Goad

13. Summer hrs.

22. Visions

24. Synthetic fiber

26. Above

27. Church areas

28. So far

30. Escape

31. Introduction

33. 100 square meters

34. Old Nick

35. Singer Lopez

36. Religious offshoots

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38. Simple variety of hockey

39. Caste member

41. Second-century date

42. Extinct bird, once found in New

Zealand

47. Besides

48. Main arteries

50. Vows

52. Racket

53. Roman censor

54. Eastern nanny 55. Fix up

56. Actress Skye

57. No-win situation

59. Inner layer of a quilt

60. Netman Nastase 61. Accent

62. Scale notes

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askpr. Donna

WRITTEN BY Dr. Donna Cave



Dear Dr. Donna: I tend to become very focused on projects in my life. From schoolwork to cooking and cleaning, when I get started on something I tend to focus

only on that and try and make it as perfect as possible. My friends jokingly say that I must have OCD. I'm fairly sure I don't — I don't have to clean or do any particular

activity, I just get really focused. I was wondering what the symptoms of OCD really are so next time my friends call me obsessive I can explain to them why I'm not.

Dear Fixated: There are about as many jokes about OCD, or Obsessive Compulsive Disorder, as there are folks who think they have it. "I have CDO — it's like OCD, but the letters are in the right order." However, the real McCoy is no laughing matter, as Shakespeare's Lady Macbeth

discovered.

Obsessions are persistent and recurrent thoughts that are intrusive and cause anxiety way beyond stressing about midterms. Compulsions are repetitive actions that the person feels driven to carry out either in connection with the obsession or in an effort to reduce their crippling anxiety. The thoughts and behaviors cause marked distress, can last for more than an hour a day and cause significant interference. In essence, OCD is a severe anxiety disorder, and it derails folks' lives.

Youdon'thaveOCD. However, there is another disorder that is called Obsessive Compulsive Personality Disorder (OCPD) where folks are so intent on doing things perfectly that they sometimes can't complete the task. It is not an anxiety problem; it is a personality problem. These folks can be rigid, stubborn and controlling, as in their mind, only their way is the right way. They often are excessively committed to work and money as well. Look this one up for

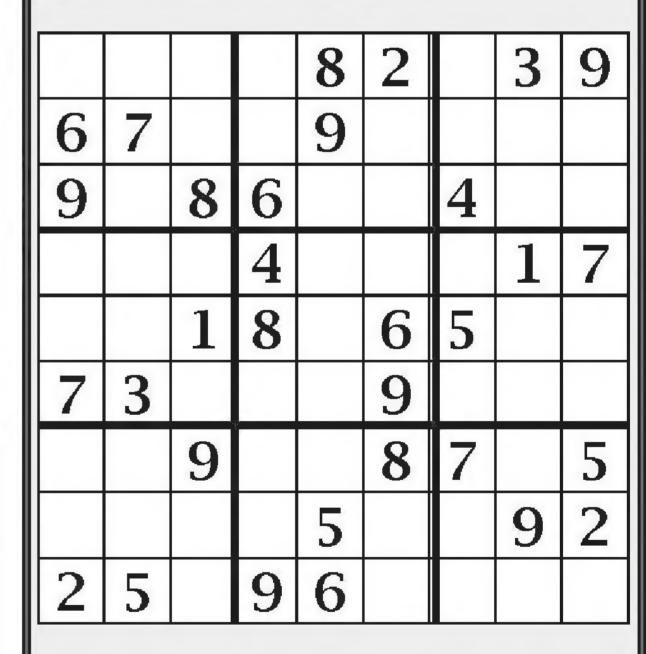
more info, but likely you just have a personality quirk that means you will always be able to find your soup ladle in your kitchen drawer.

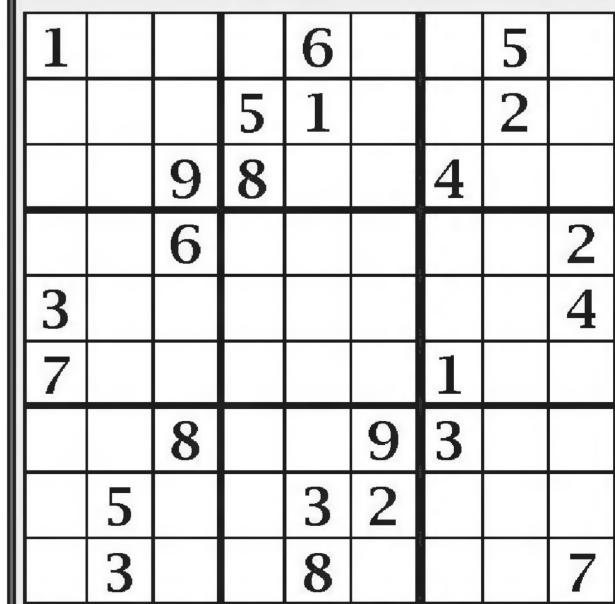
Dear Dr. Donna: My boyfriend's penis is kind of weird. It has two different colours in kind of a splotchy pattern. He is uncircumcised and both the foreskin and the glans have a similar pattern. The colour goes from his normal pale white skin colour to a brighter pink. Is he broken, or just special?

Dear Spotter: Two things commonly cause this pattern of skin change which can occur anywhere in the body. One is fungal infection. The other is vitiligo, a rather strange autoimmune disease where the body starts attacking its own pigment. The "albino" areas are very prone to sunburn, so you should get a doc to help sort this out before you go to Mexico for reading week. Or rub in more sunscreen. I will leave the technique up to you.

Got a health and wellness question? E-mail me at askdrdonna@gateway. ualberta.ca or click the link to Ask Dr Donna at thegatewayonline.ca!

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